the south african journal of

NATURAL MEDICINE

ATE GUIDE TO HEALTHY LIVING}

AUGUST



Natural solutions to
BLADDER PROBLEMS

regenerate
& repair with
ENZYME - RICH FUEL

The **GI myth** uncovered

a look at
GUT HEALTH

Feed your
CHILD'S BRAIN

Stop the Itch
TIPS FOR **ECZEMA** sufferers

Antibiotic resistance on the rise
- how can we intervene?

Spotlight on **TEA**

Vitamin D EXPLORED

The secret wisdom of the inner voice

9 771607 382011 08122
AUGUST 2015 ISSUE 122
SOUTH AFRICA R34.00 (incl. VAT)
OTHER COUNTRIES R29.82 (excl. VAT)
www.naturalmedicine.co.za

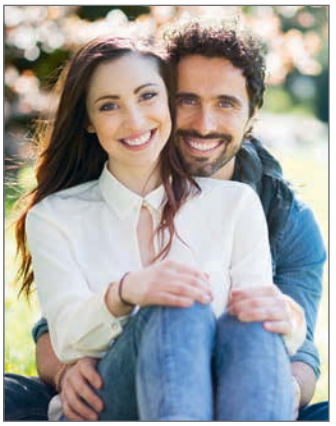
www.naturalmedicine.co.za





contents



regulars

4 EDITOR'S LETTER
6 MEET OUR EXPERTS
8 AUTHOR GIFTS
10 PIONEER OF THE MONTH
12 LETTERS
20 NEWS & NOTES
31 ANIMAL HEALTH
32 ASK OUR EXPERTS
38 REVIEWS
63 WEB PAGE
64 SUBSCRIPTION

children's corner

40 FEEDING YOUR CHILD'S BRAIN
By Patrick Holford

46 BOREDOM IS A GIFT
By Helen Hansen

natural nutrition

50 THE GI MYTH UNCOVERED
By Heidi du Preez

53 ENZYMES = LIFE
By Jason Vale

improving health

58 STOP THE ITCH – Tips for eczema sufferers
By Daleen Totten

66 ANTIBIOTIC RESISTANCE – How can we intervene?
By Dr Marco Knappe

74 THE UNIVERSE WITHIN US – The gut microbiome
By Dr Connie Meyer

contents






natural living

82 MUSIC & DRIVING
By Dr Frances le Roux

natural remedies

88 VITAMIN D – How can we get enough?
By Andrew Thomas

92 TEA FOR TWO – Or tea for you?
By Margaret Roberts

98 PRODUCT NEWS

natural therapies

106 HELLERWORK – Body posture & deep-seated emotion
By Mariëlle Renssen

mind, body and soul

110 SECRET WISDOM OF THE INNER VOICE
By Dr John Demartini

on our cover



33
53
50
74
92
40
58
66
88
110

PIONEER OF THE MONTH
DR JOHANNA BUDWIG (1908 - 2003)
page 10

EDITOR'S letter



Thirsty girl... easily misdiagnosed



DALEEN TOTTEN
Twitter @DaleenTotten

She is editor, publisher and founding member of *Natural Medicine* and Dreamcatcher Publications. She has a passion for knowledge and strives to share the work of the brightest minds and biggest hearts in healing. For Daleen natural medicine is more than taking a pill for an ill philosophy. Natural medicine also encompasses nutrition, lifestyle, spiritual health, exercise, and emotional and mental well-being. She is the mother of three children.

Catherine, my 14-year-old, is a healthy, slim and active teenager. A few weeks ago, she mentioned drinking a lot of water and being very thirsty and asked me to get her a bigger water bottle for school. When I realised that she was drinking about a litre of water an hour, I took her to the pharmacy to have her blood sugar checked. I know that excessive thirst can be a sign of diabetes, although rare in adolescence (only about one in 500 has type 1 diabetes).

Her fasting sugar reading was 16.5 (the normal range is between 4 and 5.9). I looked at the pharmacist in disbelief as he uttered the words 'hospital intensive care unit'. On arrival, her glucose reading was taken again together with a blood test, showing the average reading of 18.5 over the past three months, confirming the diagnosis of type 1 diabetes.

At the first hospital, a specialist physician (in my defence – during my absence) allowed her to eat a pizza, making her glucose reading soar to 25! He also prescribed a type 2 paediatric insulin… idiot! No wonder he couldn't stabilise her. A brilliant dietician (who is herself a diabetic) stepped in and told the doctor what to prescribe. He mumbled that he didn't know enough about nutrition and that the dietician would need to advise us on carb counting, low GI diets and so on. A highly respected endocrinologist cared for her at the second hospital and stabilised her in a day.

She was discharged and bravely began the rest of her life journey as one of 387 million diabetics worldwide. Diabetics need to keep their blood sugar in check by monitoring the levels with regular finger-pricks and repeated insulin shots daily. Severe complications can result if blood glucose is not controlled, or if the wrong amount of medication is injected.

A diagnosis of any chronic disease is an emotional experience, no matter how old you are. Balancing our perception is essential as there are never just drawbacks in life.

I realised how easily her condition could have stayed undiagnosed, and I am sharing our story here so that you may become aware of the risks involved.

When your cells don't get the glucose they need for energy, your body begins to burn fat, which produces ketones. Diabetic ketoacidosis (DKA) is a serious condition that can lead to diabetic coma or even death. DKA may happen to anyone with diabetes, though it is rare in people with type 2. Type 2 diabetes (more commonly associated with lifestyle and obesity) is reversible and we have published many articles on this. Type 1 is an autoimmune disease and hypoglycaemia (low blood sugar) is a day-to-day phenomenon.

I salute her bravery, as I do any child with a condition involving daily medication. May her

story reach far and wide and encourage parents to be aware of the signs and step in before complications arise.

The main symptoms of diabetes are:

- feeling very thirsty
- urinating more frequently than usual, particularly at night
- feeling very tired
- weight loss and loss of muscle bulk
- itchiness or thrush (a yeast infection)
- blurred vision caused by the lens of your eye changing shape
- slow healing of cuts and grazes.

Vomiting or heavy, deep breathing can also occur at a later stage. This is a dangerous sign and requires immediate admission to hospital for treatment.

Source: www.nhs.uk

Visit your doctor immediately if you think you or your child may have diabetes.

with love Daleen

Follow me on Twitter @DaleenTotten

I LOVE IT

BELLA BONECA'S DETOX CHARCOAL MASQUE

Taking care of my skin is as important as taking care of my body. The products we use, the amount of water we drink, exercise and stress all play a role in our skin's condition. I take care to follow a skin care routine that works around my busy lifestyle.

I love Bella Boneca's Detox Charcoal Masque. Charcoal is known to remove and draw out impurities and has worked wonders on my skin. Its great to use before a shower as it can get quite messy if you're not careful. It gives my skin a deep cleanse, leaving it feeling soft, supple and radiant.

www.bellaboneca.co.za



Have you subscribed to our digital issue?

Get instant mobile access via MY SUBS. Visit www.naturalmedicine.co.za for more information on subscriptions, or see page 86.



about us

www.naturalmedicine.co.za

PUBLISHER *Natural Medicine* is published monthly by
DREAMCATCHER PUBLICATIONS CC
daleen@naturalmedicine.co.za

dreamcatcher publications

PRINT
www.paarlmedia.co.za

paarl media
where printing is personal

RETAIL DISTRIBUTION
Call centre 0861 888 989
If you cannot find *Natural Medicine* on the shelf, please email cindy@naturalmedicine.co.za or call her on 021 880 1444

ON THE DOT

CHARITY OF CHOICE
I Care is *Natural Medicine's* charity of choice this month.

SUBSCRIPTIONS
For subscriptions or renewals, please complete and return the enclosed form on page 64. Special subscription offer on 12 issues for delivery within South Africa. This offer expires on 25 August 2015. Neighbouring and overseas subscribers: Please refer to our website www.naturalmedicine.co.za
For queries, e-mail: subs@naturalmedicine.co.za

MY SUBS

DISCLAIMER
The views expressed in this publication are those of the authors and not necessarily those of the editor, sponsors or publisher. While every effort has been made to ensure that the contents of this publication are both accurate and truthful, the publisher and editor accept no responsibility for inaccurate or misleading information that may be contained herein. The publisher and editor do not promote or endorse any of the products or services advertised in this publication. Advertisers are responsible for their own advertisements. Be sure to consult your doctor before you embark on any self-medication programme. Holistic remedies can be potent.

COPYRIGHT
Natural Medicine is protected under the Copyright Act. All rights reserved. No part of this publication may be reproduced by any means without permission in writing from the publisher.

HPA The Health Products Association of Southern Africa

TNHA Traditional & Natural Healthcare

HSASA

EXPERTS panel



Dr Ameet Aggarwal @DrAmeetND | Prof Majid Ali @majidalimd | Paul Bergner @bergnerp | Prof Rashid Bhikha



Jacky Bloemraad-De Boer @Birth_Institute | Arjan Bogaers @ArjanBogaers | Dr Bernard Brom @healthforumsa | Brian Clement @HippocratesInst



Beryn Daniel @RawliciousTribe | Chantal Deacon Daniel | Dr Melodie de Jager | Heidi du Preez



Klaus Ferlow @NeemResearch | Ann Gadd @Ewetilize | Dr Raoul Goldberg @Syringahealth | Dr Elson M Haas @HaasHealth



Patrick Holford @patrickholford | Aimee Hughes @AimeeHughes5 | Dr David Jockers @djockers5 | Hannah Kaye @hk_nt



Dr Frances le Roux | Stefan Maritz | Dr Connie Meyer @herbrealm | Dr Frank Müller @IntegrowZA



Carol Murrell | Rev Dr Alex Niven | Dr David Nye | Dr Sandi Nye



Margaret Roberts



Robyn Sheldon
@mamabamba



Dr Lynette Steele
@DrLynetteSteele



Dr Michael Tierra
@East_West_Herbs



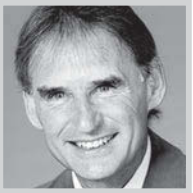
Mark Timon
@MyVibrantHealth



Jason Vale
@juicemaster



Dr Arien van der Merwe
@DrArien



Dr DP van Velden



Dr Geert Verhelst



Prof Doreen Virtue
@DoreenVirtue



Dr Alta Vogel



David Wolfe
@DavidWolfe



Mandy Young
@swimwitdolphins

Contributors in this issue



Jill Davies
@HerbalFoods



Dr John Demartini
@DrJohnDemartini



Helen Hansen
@HelenHansenCo



Dr Marco Knappe



Mariëlle Renssen



Andrew Thomas
@AndyBetterYou

about us

www.naturalmedicine.co.za

phone 021 880 1444
email info@naturalmedicine.co.za
Natural Medicine Magazine
@Natmedmagazine

EDITOR AND PUBLISHER DALEEN TOTTEN
daleen@naturalmedicine.co.za
@DaleenTotten

GENERAL MANAGER CINDY NICOLSON
cindy@naturalmedicine.co.za

MARKETING MANAGER LECIA DURHAM
lecia@naturalmedicine.co.za

SUBSCRIPTIONS MANAGER MAYLENE LOUIS
subs@naturalmedicine.co.za

CREATIVE TEAM

CREATIVE DIRECTOR DALEEN TOTTEN

ART DIRECTOR AND DIGITAL MANAGER
OLGA NIEUWENHUIZEN

GRAPHIC DESIGNER
NADIA CILLIERS

JUNIOR GRAPHIC DESIGNER
MIA GIBBS

SALES TEAM

NATIONAL ADVERTISING SALES MANAGER
ELEANOR VAN DER MERWE
eleanor@naturalmedicine.co.za

ADVERTISING SALES REPRESENTATIVES
ALICE WALKER & NICKY MEARS

ADVERTISING CO-ORDINATOR
YOLANDA ROSSOUW
adadmin@naturalmedicine.co.za

EDITORIAL BOARD

Dr Ameet Aggarwal, Prof Majid Ali, Paul Bergner, Prof Rashid Bhikha, Jacky Bloemraad-De Boer, Arjan Bogaers, Dr Bernard Brom, Brian Clement, Beryn Daniel, Chantal Deacon Daniel, Dr Melodie de Jager, Heidi du Preez, Klaus Ferlow, Ann Gadd, Dr Raoul Goldberg, Dr Elson Haas, Patrick Holford, Aimee Hughes, Dr David Jockers, Hannah Kaye, Dr Frances le Roux, Stefan Maritz, Dr Connie Meyer, Dr Frank Müller, Carol Murrell, Rev. Dr Alex Niven, Dr David Nye, Dr Sandi Nye, Margaret Roberts, Robyn Sheldon, Dr Lynette Steele, Dr Michael Tierra, Mark Timon, Jason Vale, Dr Arien van der Merwe, Dr DP van Velden, Dr Geert Verhelst, Prof Doreen Virtue, Dr Alta Vogel, David Wolfe and Mandy Young

Natural Medicine is dedicated to providing information to practitioners and the general public interested in all aspects of healthy living. Articles are written objectively by professionals with practical experience in their subjects. Although advertisements are placed within articles, the authors do not necessarily endorse those products.

MISSION STATEMENT

Our aim at *Natural Medicine* is to integrate the most successful approaches to health maintenance, disease prevention and the treatment of chronic ill health. Health maintenance and disease prevention must include care of the environment, the land, the water and the air.

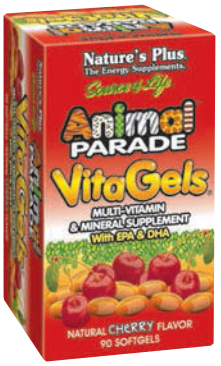
AUTHOR gifts

Our authors do not receive any financial reward for their considerable efforts in contributing to *Natural Medicine*. They are motivated solely by generosity of spirit and a passion to further the cause of healthy living. A warm thanks to the companies listed below, for sponsoring gifts for our authors.

One 24™
Balanced Health Supplement



ONE 24
ONE 24 is a once daily balanced health supplement containing 31essential nutrients to help support and maintain your health needs. Each tablet contains 12 Vitamins, 15 Minerals, 2 Amino acids and 2 Natural extracts. **ONE 24** is vegetarian friendly and is suitable for adults and children from the age of 12 years. New in South Africa from Lamar International. Available at leading pharmacies. *note: packaging to change shortly*



Nature's Plus®
The Energy Supplements®

Animal Parade VitaGels Multivitamin
Animal Parade Vita-Gels' broad profile of nutrients includes DHA and EPA - essential fatty acids that are critical components of healthy development through the years of tremendous growth. Featuring a broad range of 20 essential vitamins and minerals and 14 premier whole foods.

www.earthlinks.co.za

Feelgood Health
Herbal and Homeopathic Remedies



Feelgood
In our Feelgood Health range, we have a herbal remedy called PureCalm which works quickly to relieve stress, panic and anxiety. Just a few drops in water or juice can make all the difference. Available through selected wholesalers or at our flagship shop in Plumstead.

www.feelgoodhealth.co.za

LEBRON HEALTH

Oscillococcinum® is a homeopathic medicine that assists the body to fight flu symptoms such as body aches, pains, chills and fever at their onset. Oscillococcinum® does not cause any drowsiness and has no drug interaction.



www.lebron.co.za

eat.art
LIVING FOOD
BY KALK BAY FOODS

Tea Mood
A bouquet of teas for any mood...This is a great gift for tea lovers housed in glass tubes with the opportunity to sample 6 different teas to accommodate different moods. What's your mood like? Teas include: Rooibos Chai, Sweet dreams, Genmaicha, Liquorice fresh, Blood orange, Forrest berries.



www.eatart.co.za

KuraFlo®

Kuro Flow
Kuraflo can safely be used for children and adults. It assists with allergic rhinitis, the common cold and acute and chronic sinusitis. Kuraflo aids decongestion, allergen load and removes rival particles.



www.kuraflo.co.za

Body Solgar



Raw instead of refined. Stairs instead of elevator.
Whole grain instead of processed.
Doing the best for your body can really be good for your soul.



But even if you live well, you still may not be getting all the vitamins and minerals you need. At Solgar, we get it. After all, we've focused on wellness for over 65 years. That's all we do. And when it comes to supplements, we practically invented them.

Today, we still craft our vitamins and minerals in small batches to help ensure consistency and purity. And we always strive to make as many products as possible natural, vegetarian, plus dairy and gluten free. Focusing on wellness never gets old. Neither does feeling good throughout your life. So have a great journey. Solgar is with you all the way.

SOLGAR® Live Vibrantly.
Since 1947

SOLGAR | It's Your Choice.

SOLGAR *Vitamins* | INNOVATION AND QUALITY *Since 1947*

Available from Independent Health Stores and Healthcare Practitioners
For more information e-mail infosa@solgar.com | www.solgar.co.za | Tel 011 462 1652

CAREFULLY MANUFACTURED in the USA BY SOLGAR LABORATORIES



Dr Johanna Budwig

(1908-2003)

– Nominated seven times for the Nobel Prize in medicine

Over the past 16 years I have researched cancer protocols extensively and Dr Budwig's work has been referred to numerous times. She was considered one of the world's leading authorities on fats and oils.

Her cancer protocol focused on the vital role essential fatty acids play in the body (flaxseed), as well as sulphur-based proteins (quark, a milk product similar to cottage cheese) to prevent and cure cancer and other chronic diseases.

She was a pioneering German pharmacologist, chemist and physicist with a doctorate in physics. She worked as the chief expert-consultant for pharmaceutical drugs and fats at the former Federal Institute for Fats Research.

After comparing the blood samples of thousands of healthy people with those suffering from degenerative diseases including cancer, diabetes and liver disease, she developed new lab techniques to detect fatty substances in the blood. The results of the comparison showed that the sick patients lacked the essential fatty acid, linoleic acid, as well as phosphatides and lipoproteins. This made her one of the first scientists to consider the health implications of fat consumption, according to Mannion *et al.*, reporting in a 2010 paper in the journal *Nutrients.*

She preferred nutritional therapy to radiation, drugs and surgery in cancer therapy, and did not believe in using natural and drug therapies in combination. Budwig was well aware that not all fats and oils were good sources of essential fatty acids. She was totally against the hydrogenation process of oils used to make margarines, and believed this to be a cause of tumour development.

As with most of the pioneers I have covered in this series, Dr Budwig's beliefs pitted her against her colleagues in the medical establishment, and she was prevented from publishing in medical journals. I encourage you to research her protocol. I've listed sources at the end of the article. ●

It is not correct to regard the problem of tumours simply as a problem of too much growth and thereby to instigate all manners and means of growth inhibiting treatments. ~ Dr Budwig

BOOKS BY JOHANNA BUDWIG

Only three of Johanna's books have been translated into English. Six books are available only in German. The English books are listed below:

- *The Oil-Protein Cookbook (I-Eiwei-Kost)* Sensei Verlag (2000)
- *Cancer - The Problem and the Solution (Krebs. Das Problem und die Lsung)* Sensei Verlag (1999)
- *Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases (Fette als wahre Hilfe gegen Arteriosklerose, Herzinfarkt, Krebs)* (1972)

Sources

1. http://www.cancertutor.com/budwig/
2. http://www.budwigcenter.com/johanna-budwig-biography/
3. http://www.cancerresearchuk.org/about-cancer/cancers-in-general/cancer-questions/what-is-the-budwig-diet
4. http://healthwyze.org/index.php/component/content/article/190-the-true-budwig-protocol.html



As a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good.

~ Prof Alan Nixon, Past President of The American Chemical Society

Have you missed any of our back issues?

Here's your chance to catch up on important health information that can keep you and your loved ones healthy.



To order your back issues and for more information on subscriptions, please contact our office on Tel: 021 880 1444

www.naturalmedicine.co.za

letters@naturalmedicine.co.za

HAIR TISSUE MINERAL ANALYSIS EXPLAINED



My nutritionist suggested I have my toxic mineral status tested with a testing method called Hair Analysis. I've seen crime programmes where this test is used for DNA analysis. Can my hair really tell if I am missing nutrients? **C.A.**

THE EDITOR REPLIES: Yes it can! Hair Tissue Mineral Analysis (HTMA) is just a different type of a pathology test. Instead of testing the blood, practitioners are now able to rely on comprehensive clinical data provided by just analysing a few strands of hair. Once tested, a detailed report will provide information on your current health status, identify potential areas of concern and can set out guidelines to assist you with ways in which to improve overall health, with the focus on diet and supplementation and relevant lifestyle changes.

HTMA measures the levels of nutrient and toxic minerals found in the hair strand. More specifically, it can test levels of the following minerals in the body: calcium, chromium, cobalt, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium, sulphur and zinc.

HTMA can test for:

1. The following toxic elements: aluminium, arsenic, beryllium, cadmium, lead, mercury and uranium.
2. Additional elements such as: barium, lithium, nickel, strontium, thallium, tin, titanium and zirconium.

HTMA is safe and non-invasive. A detailed and reliable report is provided on more than 35 nutrient and toxic minerals as well as mineral ratios.

Much of what is revealed cannot be tested by means of a normal blood or urine test.

The report not only focuses on current areas of concern, but also indicates what can be done to balance the body's mineral content by way of diet, supplementation and lifestyle changes.

THE NUTRITIONAL COST OF PRESCRIPTION DRUGS

I was wondering if The Pill can cause nutritional deficiencies and should I take any special supplements? I suffer from a dry mouth in the morning and other niggles. I don't have any other disease conditions, except heartburn and take antacids for that. I have regular headaches and take aspirin. I sleep well, eat healthily and exercise, and I am only 24 years old. But you hear all these stories. Oh, and I am a smoker. **P.D.**

THE EDITOR REPLIES: What a great question! Many of the bad things we hear about street drugs, e.g. cocaine, are also true of many common prescription and over-the-counter medications. Both classes of drugs can seriously affect our health, yet we give



The bona fide supplement*

In today's age there are specific lifestyle and clinical risk factors that contribute to **Osteoporosis** later in life including[2]:

- Nutritional deficiencies
- Low body mass & thin frame
- Age & gender
- Smoking & alcohol usage
- Inactivity
- Long-term use of certain medications**



Bones matter for life

A perfect exterior could be masking a crumbling interior

*B-CAL® SA's No. 1 Scripted Calcium Range[1]

B-CAL-DM the calcium supplement with Vitamin D3 and Magnesium for better absorption

NOFSA supports an adequate calcium intake!

References: 1. Impact Rx. Script data (Vitamins & Minerals / Constructed class). MAT July 2014. 2. Hough, S. et al, NOFSA Guideline for the Diagnosis and Management of Osteoporosis, Journal of Endocrinology, Metabolism and Diabetes of South Africa, 2010, 15 (3): (Supplement 1). **Ask your doctor or pharmacist for more information.

Scheduling status: S0 **Proprietary name (and dosage form): B-CAL®-DM** Tablets. **Compsition:** Each tablet contains: 500 mg elemental calcium, 400 iu vitamin D3 and 125 mg magnesium. **Name and business address**: iNova Pharmaceuticals (Pty), Co. Reg. No. 1952/001640/07, 15E Riley Road, Bedfordview. Tel. No. 011 087 0000. www.inovapharma.co.za.

inova pharmaceuticals
A Valeant Company

hardly a second thought to some of the harmful effects of the legal drugs we buy. We *should*, though, because many of these drugs can cause severe nutritional losses, the consequences of which can place our health in jeopardy – an irony if there ever was one.

There is a great book, *The Nutritional Cost of Prescription Drugs*, which also includes information on over-the-counter drugs. Drs Ross Pelton and James LaValle describe in detail the health problems that can arise from the drug-induced nutritional losses that we all too readily incur because they fly under our radar, propelled by the friendly local pharmacy or supermarket.

Aspirin depletes vitamin C and Vitamin B_5 and oral contraceptives diminish vitamins B_2, B_3, B_6, folic acid, magnesium, calcium and zinc!

Antacids deplete vitamins B_1, B_5, B_6, B_{12}, folic acid, iron, zinc, calcium, vitamin D and amino acids. So as you may notice, these are the same supplements we take for the development and maintenance of bone health, to regulate pH and heal the mucosal lining of the stomach!

As a smoker, you have an increased need for antioxidants. Smoking increases free radical damage, among other things, so the extra antioxidant protection is important. Furthermore, nicotine and oestrogen both increase blood levels of copper, which inactivates vitamin C. Vitamin C is not only one of the most important antioxidants, it also enhances the absorption of calcium.

I hope this will guide you to optimise your supplement programme.



Suffering from a Dry Mouth?

Refreshing **Fithealth Dry Mouth Spray** provides on-the-go relief for dry mouth sufferers. **Dry Mouth Spray** assists in stimulating salivary glands and helps provide moisture to relieve the discomfort of dry mouth.



Dry mouth can be caused by:
- Dehydration
- Smoking
- Side effects of medication, disease, infection or medical treatment

The symptoms of dry mouth include:
- Thirst
- Dry, sore throat
- Dry, red, raw tongue
- Bad breath

Fithealth Dry Mouth Spray is most effective when used in conjunction with **Fithealth Dry Mouth Capsules**.

Available from: Dis-Chem, Springbok pharmacies and independent pharmacies

Order Online: www.dischemonline.co.za or www.springbokpharmacy.co.za

Tel: 011 886 2932; queries@fithealth.co.za; www.fithealth.co.za

fithealth



NATURAL PAIN RELIEF

I am a 53-year-old housewife and I have developed pain and stiffness in my upper back with muscle spasm between my shoulder blades, on either side of my spine. The pain is worse as the day progresses, until the evening when it is really bad.

Normally, during the day, I work around the house and in the garden (cleaning, maintaining the pool, etc.), and I also spend about three hours a day using my iPad, doing my hobby, which is Pinterest. I struggle to maintain a normal posture for a lot of the time and this definitely plays a role in causing my muscle spasm. This constant pain makes me feel miserable and I am irritable some of the time.

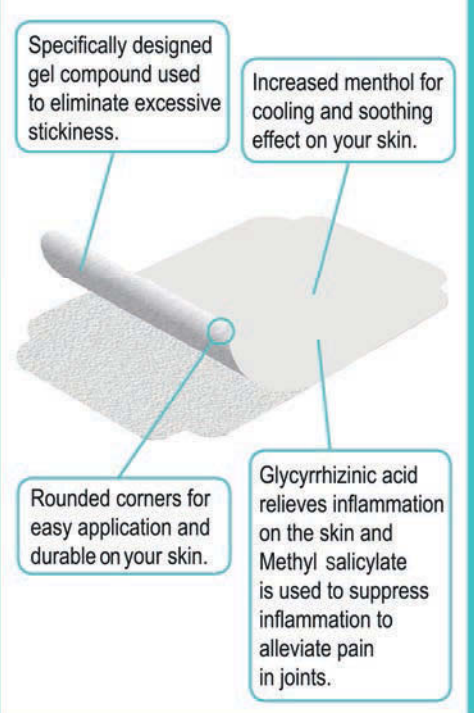
My husband is a physiotherapist and he advised me on how to correct my posture while doing my housework and hobbies. However, the pain was too severe and he felt that I would benefit from medication to help break

Medical Plasters

TOKUHON
MEDICAL PLASTER KILL PAIN PLASTERS
脱苦海

Commonly used for treatment of:
- Bruised/strained muscles
- Arthritic joints
- Muscular aches
- Back aches
- Torn ligaments
- Stiff shoulders and joints

Benefits of TOKUHON Plasters



All ingredients made from natural products

Quantity of active ingredients and efficacy of the plaster 100 g (0.54 m²)

l-Menthol	(6.5g)	Mildly paralyzes sensory nerves
dl-Camphor	(1.1g)	Alleviates pain
Methyl salicylate	(7.3g)	Suppresses inflammation to alleviate pain
Vitamin E acetate	(1.35g)	Improves blood circulation
Glycyrrhetinic acid	(0.18g)	Relieve inflammation on skin

Trade enquiries:
Sui Hing Hong Wholesale
Contact: King Pon
Tel: 011 838 7708
Cell: 083 2662 330

Available at all pharmacies



the spasm and get my postural muscles working properly again. I have had ulcers in the past, so I cannot take anti-inflammatory medications. Painkillers don't really help me. Will a muscle relaxant help me with my painful spasms? **O.K.**

THE EDITOR REPLIES: When you are spending time on your iPad, you need to support your entire spine. Use a chair with proper back support. Ultrasound, as your husband will know, can really help to relieve the stiffness and pain.

I would definitely recommend a natural muscle relaxant such as magnesium, and natural anti-inflammatories like buchu gel applied topically. Inflammation is a major cause of chronic pain. Here is a list of anti-inflammatory nutrients:

- Omega-3 EPA/DHA
- Glucosamine
- MSM
- Curcumin
- *Boswellia*
- IsoOxygene
- Olivenol
- Ashwagandha
- Ginger extract
- Bromelain

People who spend most of their time working on a computer can suffer from musculoskeletal symptoms, like you do, of the lower back, neck and shoulder, and most commonly, the elbow or hand.

Pain is your body's way of telling you that something is wrong. It's often caused by swelling of tissue, which creates pressure on nerves and leads to discomfort. Pain is a useful mechanism to alert you to a problem, and stops you from damaging your body further. It should therefore always be taken seriously.

The best strategy for pain relief involves appropriate physical therapy, good posture, ap-

propriate exercise, eating properly, getting enough sleep, and managing stress.

Pain therapies include:

- Osteopathy
- Physiotherapy
- Magnetic therapy (such as the BEMER)
- Acupuncture
- Electrical therapy (TENS, Elexoma, MENS and APS)
- Chiropractic
- Body stress release
- Hydrotherapy
- Massage
- Reflexology

Relaxation techniques include deep breathing, progressive muscle relaxation, meditation, visualisation and *tai chi*. These practices have been proven to be effective.

I am glad to read that you remain active. Many people in pain avoid exercise because movement hurts too much. Yet inactivity may actually worsen the condition. The human body was designed to be in motion no matter what state of health it's in. If you let your body become inactive, you will allow it to degenerate. Aristotle said: 'Nothing causes as much damage to our body as long physical inactivity.' Physical activity promotes the release of mood-enhancing chemicals in the body that can help diminish the perception of pain.

Although pharmaceutical drugs are powerful and can provide rapid pain relief in the emergency situation, as you have noticed, they are often accompanied by side-effects which become apparent with longer term use. The alternative therapies described above may provide effective pain relief, once past the emergency situation. Try them and choose the most effective one for you. Sometimes body work is a necessity, not a treat.

NEW!
INVERSION TABLE MODEL 75303 PRO



"GOODBYE"
back pain and posture problems.

Gravity is our enemy! Why? Because of compression. Invert to reverse gravity and decompress naturally. Inversion stretches the spine taking away the pressure on discs, joints and nerves.

BENEFITS OF INVERSION
Spinal column: realignment of the vertebrae to restore posture.
Intevertebral discs: decompresses the discs to regain elasticity.
Muscles: relaxes muscles & promotes tissue perfusion.
Backache: relieves pain, spasm & discomfort.
Circulation: oxygenation of the cells of the tissues.
Lymph drainage: decreases lymp stagnation, enhances lymp flow.
Cerebral function: improves mental function & balances awareness.
Stress and tension: relieves pain and stiffness in the neck, shoulders and back.

inversion therapy and rehabilitation
the simple solution to back pain and poor posture

www.inversion.co.za
inversion@iafrica.com
082 658 0077 / 083 733 6116
INT020

Health Assessments | Live Blood Analysis
Iridology | Weightloss Programme



Yan Health
Boutique Health Shop
Your Health Is Our Passion

Shop L31
Bedford Centre
Tel. 011 616 6338
info@yanhealth.co.za
facebook.com/YanHealth

www.yanhealth.co.za

SIMILASAN EYE DROPS ANY GOOD?

In your June edition of Natural Medicine *you requested comments regarding any 'natural' product that readers were concerned about.*

I noted that the Similasan range of ear drops was extensively advertised but no mention was made of their eye drops. I suffer from dry eyes, especially during the winter months, and on mentioning to an opthalmologist that I made use of Similasan eye drops, in particular the Dry/Red Eye drops, he became very agitated and stated that these 'were not good eye drops' and recommended Optiv Plus drops instead.

Apart from the facts that the Optiv Plus eye drops are far more expensive and I do find relief with the Similasan drops, I am curious as to the reason for them not being recommended by an eye specialist. Please could you investigate the eye drops produced by Similasan? Many thanks, **M.M.**

THE EDITOR REPLIES: Thank you for your email. The Similasan brand manager decides what she wants to advertise every month depending on the season. Maybe she felt that the eye drops would do better during the hay fever season. I have been to the Similasan manufacturing plant in Switzerland and can assure you that the range is produced in a pharmaceutical-grade facility with utmost care. It is a very effective range. The eye drops are available in a 10 ml bottle as well as in single-dose units. Perhaps the ophthalmologist is unfamiliar with the Similasan range, and also that it comes in single units. This is obviously better as using a single-dose unit will not lead to contamination of the 10 ml bottle.

I hope that answers your question.

AUTHORITY AND POWER

I was pleasantly surprised to find this magazine (March 2014) in my doctor's waiting room. I was really disappointed by the article 'Rise of the clever brutes' by Doc Frank. It has been said that religion is the opiate of the masses. What society suffers from, or suffered from, was the belief that authority was vested in some sort of priesthood until individuals appeared who began to question the truth of religious beliefs. After all, religions are just belief systems often based on the experience and epiphany of an individual with no power to transfer that experience to anyone else.

The appearance of individuals like Da Vinci, Galileo, Bacon, etc., initiated the process of questioning the authority of the priesthood. It should not be ignored that the persecution of 'witches' and 'wizards' (and perhaps the use of hallucinogenics) was also occurring concurrently. The authority of the church and whoever benefited from that authority became threatened. The next best thing was then to pervert the liberating power of science (reason) and make that the source of authority. The Dalai Lama has expressed this extraordinarily well by saying that 'science has become another religion', enslaving us in dogma, myth and untruth. In referring to 'conspiracy theory' we should note that this label is itself a product of those who might wish to maintain this stultifying authority, now of reason, that we suffer under. Anyone who explores 'conspiracy' with an open mind will make some astonishing and appalling discoveries.

This is all a reality that your magazine is up against. Restoring medicine to a true and natural state may actually mean that we have to remove the issue of self-gain through money from the equation. Someone with a cure for anything needs to make it available free, just as the concept of free energy needs to be transformed into the actuality of the meaning of the word 'free'. B.B.



Looking for eye relief?

Try these unique Swiss quality homeopathic preparations



Dry, Red Eye Relief 10 ml

A unique formula to soothe, clear and moisturise dry, red and irritated eyes without artificial tears. This formula is suitable for long-term use and will not cause a rebound effect.



Allergy Eye Relief 10 ml

For itching, burning, watering and other eye allergy symptoms. Suitable for long-term use. These drops work by stimulating the eyes' natural ability to counteract allergy symptoms.



Pink Eye Relief 10 ml

For temporary relief of minor symptoms associated with environmental conjunctivitis such as inflammation and redness of the whites of the eyes and inner eyelids, which may be excessively sensitive to air and touch. It is also effective for the relief of associated watery discharge and sensation of grittiness.



Computer Eye Relief 10 ml

For the relief of tired, strained eyes from using a PC, watching TV, reading or driving.

Similasan's high Swiss quality has been provided to millions of people for over 30 years.

REGAL NUTRIENTS(PTY)LTD | 22 SLOANE STREET | BRYANSTON | 2191
TELEPHONE 011 036 9429

Ascendis HEALTH

Similasan

THERAPY VS PRESCRIPTION DRUGS FOR *ADHD*

According to research published in *The Journal of Pediatrics* in America, nearly half of pre-schoolers are on medication for ADHD! American Academy of Pediatrics guidelines call for the use of behavioral therapy first with children younger than six. But 46.6% of the pre-school-aged children with the disorder had taken medication alone.

Ileana Arias, principal deputy director of the Centers for Disease Control and Prevention, said in a statement that 'we do not know what the long-term effects of psychotropic medications are on the developing brains and bodies of little kids. What we do know is that behavioural therapy is safe and can have long-term positive impacts on how a child with ADHD functions at home, in school and with friends.'



PHARMACIES & *medical aid schemes penalty*

A law that allows medical aids to stipulate 'preferred pharmacies' to their members, resulted in the Independent Community Pharmacy Association of SA lodging a complaint with the medical scheme regulator.

Some medical schemes appear to sideline the smaller chemists and expect consumers to shop at the big chain-store pharmacies. A penalty of up to 60% of the medical bill could apply if a medical aid member shops at a pharmacy not listed as 'preferred' by the scheme.

DID YOU KNOW?

Symptoms of iron deficiency in plants include yellowing between veins of leaves, brown edges on leaves, poor growth and dieback of the plant.

Polysorbate 80 IN YOUR SUPPLEMENT?

Polysorbate 80 (also known as Tween 80, Alkest and Canarcel) is used in some supplements to improve the consistency of gel capsules, increase the solubility, permeability and inevitably make the raw ingredient, such as curcumin, more bioavailable. But what is it?

It is a liquid made from chemical compounds derived from the dehydration of sugar alcohol and oleic acid. But according to the Material Safety Data Sheet, it may cause adverse reproductive effects, cancer and affect genetic material based on animal test data. There are some worrying issues here and Polysorbate 80 is potentially toxic.

Pins and Needles – A SIGN OF VITAMIN B_{12} DEFICIENCY

Often, pins and needles (a tingling and pricking sensation in fingers and toes) occurs when sitting in an awkward position, which applies pressure on the nerves or the blood vessels that supply the nerves. However if pins and needles occur for no apparent reason, it could be a sign of a deficiency in vitamin B_{12}.

The human body needs vitamin B_{12} to make red blood cells and DNA, maintain the health of nerve tissue, and carry out other functions. Like most vitamins, B_{12} can't be manufactured by the body and must be ingested from foods like fortified cereals or those derived from animal sources, including meat, eggs, poultry, and dairy products. Alternatively, a supplement can be taken.

WHO IS AT RISK?

Generally speaking, people at risk of a vitamin B_{12} deficiency are:

- Strict vegetarians
- Those taking certain medications (e.g. antacids/heartburn medication or oral diabetic medication)
- Those with certain gastrointestinal conditions (such as Crohn's disease or coeliac disease)
- People over the age of 50 years
- Those who have poor dietary intake

RECOGNISING A B_{12} DEFICIENCY

Pins and needles is a common sign of a vitamin B_{12} deficiency, however other symptoms may include:

- Numbness of hands and feet
- Weakness of hands and feet
- Abnormal gait or difficulty walking
- Forgetfulness
- Irritability or other mood disturbances
- Paleness, fatigue and/or weakness (associated with anaemia)

BE PROACTIVE

Early detection and treatment is important. If left untreated, a vitamin B_{12} deficiency may cause irreversible nerve damage[1] or anaemia.[2] If you suspect that you may have a vitamin B deficiency you should visit your healthcare provider and have a blood test done to check your levels.

For more information, please speak to your doctor or pharmacist. Symptoms may be related to another medical condition.

References

1. Da Silva L, McCray S. Vitamin B_{12}: No one should be without it. *Pract Gastroenterol* 2009;1:34-46.
2. Butler CC, Vidal-Alaball J, Cannings-John R, *et al.* Oral vitamin B_{12} versus intramuscular vitamin B_{12} for vitamin B_{12} deficiency: a systematic review of randomized controlled trials. *Fam Pract* 2006;23:279-285.

What a difference a spray makes

Boost B12 Oral Spray works faster than tablets – guaranteed



- Scientifically proven to deliver this vital vitamin straight into the bloodstream.
- Specially formulated to boost energy levels and aid concentration and memory.
- Fast, effective, convenient!

Available from Dis-Chem

Dis-Chem PHARMACIES
Pharmacists who care

BetterYou™
just as nature intended

RESEARCHERS FOCUS ON DRUGS OVER *desired non-drug treatment*

Drugs are the subject of 86% of treatments studied in commercial trials and 37% of treatments evaluated in non-commercial trials. A very low proportion (2.6%) of registered commercial trials studied the effects of the non-drug treatments that patients and clinicians considered priorities.

Iain Chalmers, a founder of the Cochrane Collaboration and the James Lind Alliance, said, 'We have confirmed earlier, less extensive studies indicating important mismatches between what patients and health professionals want to see researched and the research that is actually done. On average, patients and clinicians prefer the evaluation of non-drug treatments, while researchers tend to prioritise studies into drug treatments.'



'There is a difference between information, knowledge and wisdom. Information is sort of random and chaotic, but still, there is some technical know-how there. Knowledge is more complete. It gives us the ability to solve a particular problem, but it ignores the total picture. Wisdom is knowledge in the context of the whole. So when you isolate a certain drug, for example, an active ingredient out of a plant, Ayurveda would say it is like taking the intelligence, the knowledge out, but leaving the wisdom behind. When you use the whole plant, you maximise its therapeutic to toxic potential, or ratio, because the so-called non-active ingredients are also bioactive in that they minimise toxicity and enhance the healing.' ~ Deepak Chopra



BENEFITS OF *10 g of nuts a day*

A study, published in the *International Journal of Epidemiology*, investigated the relationship of nut (tree nuts and peanuts) and peanut butter intake with overall and cause-specific mortality.

Across all diseases, there was an average 23% lower risk of ten-year mortality for those who consumed at least 10 g of peanuts or tree nuts daily, a 30% lower risk for diabetes, 39% for respiratory disease, and 45% for neurodegenerative disease.

NEW SMART INSULIN PATCH - A *'game changer'?*

A new 'smart' insulin patch, created by researchers from the University of North Carolina and NC State, could do away with painful injections and revolutionise the way diabetics keep their blood sugar levels in check.

A thin square covered with more than 100 tiny needles works fast, is simple to use and is made from biocompatible materials. The patch's tiny, painless needles are packed with insulin and glucose-sensing enzymes in microscopic storage units. The patch is able to release these enzymes when blood sugar levels get too high.

A study, published in *Proceedings of the National Academy of Sciences*, showed promising results in a mouse model of type 1 diabetes. Researchers hope to see similar success in subsequent clinical trials in humans.



We Bandana Day

Buy your bandana from Pick n Pay or Round Table and wear it with pride on National Bandana Day.

In support of patients diagnosed with leukaemia and other life threatening blood disorders.

The Sunflower Fund
Share a Little, Save a Life

ROUNDTABLE SOUTHERN AFRICA

Toll-free 0800 12 10 82
www.sunflowerfund.org.za

Pick n Pay

makro zando SHOES AND FASHION ONLINE e Free your imagination eNCA kululà.com DSTV smart shopper SABC FOUNDATION

SABMR SK CINEMARK PRIMEDIA BROADCASTING newsclip Media Village Productions ignition DESIGN

THIS MONTH'S CHARITY FOCUS

I Care

I Care is a charity which has been transforming the lives of street children successfully for the past 13 years. Their goal is to instil healthy life skills and a good work ethic in the children who go through the **I Care** programme. Once the children have either completed their schooling or skills development, and are ready to work, the organisation provides assistance, walking alongside them, guiding them through their new-found independence.

I Care are appealing to the public NOT to give money to any street children begging at traffic lights and intersections (they can get in excess of R500 a day). Giving them money enables and prolongs their stay on the streets, and in turn encourages substance abuse, which can lead to crime and unacceptable behaviour.

If you want to make a difference, support **I Care** and assist them in their work with these children.

For more information contact:
Tel: 031 572 6870 or
visit www.icare.co.za.

i care
giving street kids a future

Evidence shows that people whose hearing loss has been treated have reduced levels of dementia.

MEMORY LOSS & heart disease linked

Whether it's 'senior moments' or dementia, memory loss shares its risk factors with cardiovascular disease. Several studies published in major medical journals, particularly over the past three years, have shown that memory loss and dementia are associated with any number of heart disease risk factors, including hypertension, high cholesterol, a sedentary lifestyle, elevated blood levels of certain inflammatory proteins, and an excess of plaque in the arteries.

Poor food choices are a leading cause of artery-clogging plaque. Eat fish and you're actually fighting inflammation. Cutting out saturated fats, like those in beef and butter, helps keep arteries clear and curbs inflammation. Plant foods offer the bonus of antioxidants that can neutralise free radicals, thereby giving your body a chance to repair the damage.

Ward Dean, who co-authored *Smart Drugs and Nutrients: How to Improve Your Memory and Increase Your Intelligence*, suggested eating foods high in antioxidants to combat memory loss.

FIND OF THE MONTH

Dr Hauschka Facial Toner

I have long been a fan of the high quality Dr Hauschka products. Their facial toner is only one of many products that are natural, free from synthetic fragrances, dyes and preservatives. They don't contain any parabens or mineral oils.



The Dr Hauschka Facial Toner will leave your skin looking and feeling healthy and is ideal as part of your daily skincare regimen. It is formulated for those with normal, dry and sensitive skin and for those whose skin is in need of regeneration. The formulation includes: Anthyllis extract which helps the skin remain balanced and healthy; witch hazel extract to support tone and elasticity and helps to refine pores.

www.tocara4.co.za

Pioneer in Natural Health - since 1923

Listen to what your liver & kidneys are saying...

...sometimes the body indicates a sluggish or overloaded liver and kidneys long before pathological tests do. Most of us just don't know how to interpret the signs. **Signs such as waking between 2 - 3 am for no reason, dry, itchy skin, excessive thirst, indigestion and constipation could be your liver's call for detoxifying help. Some of the signals the kidneys give are high blood pressure, swollen eyes after sleep, swollen face, hands, legs and ankles, dark urine and burning, sweating, aching soles and smelly feet.**

Swiss naturopath Alfred Vogel created two superb herbal tonics that gently detox and support the function of these organs. Just one course of A.Vogel Boldocynara liver and gall bladder drops and Nephrosolid kidney and bladder drops taken three times a day can help you shake off that sluggish winter feeling and have you feeling full of vitality again and ready for spring!

For regular healthy tips and information visit our Facebook page: **www.Facebook.com/AVogelRSA**



Available at pharmacies and health shops. 031 783 8000 * info@sanatural.co.za * www.avogel.co.za

Boldocynara may not be taken by patients with obstructed bile ducts or liver cancer. Not intended for people whose liver and/or kidney function have deteriorated seriously. In these cases a healthcare professional must be consulted for diagnosis and help. Always read the package insert.



BUY *Bee Kind* HONEY & SAVE BEES

An incurable disease has compromised bees in the Western Cape (WC). Current reported losses are over 40% in local hive colonies.

American foulbrood (AFB) disease, first diagnosed in the WC in 2009, is caused by a bacterium that infects bee larvae as they are fed, resulting in their death as pupae and the release of billions of infectious bacterial spores into the environment. It results in the eventual death of the colony. Now, six years later, AFB has been found to be out of control, spreading fast and a huge concern to the health of our bees and beekeeping in the WC.

Greg Aberdeen formed a company called Bee Kind and tabled a concept of pollinator preservation. Supported (not funded) by concerned South Africans, it aims to see bee sanctuaries established away from the infected WC and farmed in the Southern Cape. Bee Kind farms healthy bees for commercial beekeepers and needs your support in the form of buying the honey their bees will produce.

With your purchase of R200, they will harvest and ship (postage included) a lovely 2.5 kg bottle of fynbos/blue gum honey. This is an optional annual contribution and will support them to secure the land, purchase composite hives, colonise them with strong colonies and help commercial beekeepers in their task, namely to pollinate the agriculture sector.

For more information visit www.beekind.co.za

5 *nutritional supplements* AND THEIR EFFECT ON DEPRESSION

People suffering from clinical depression appear to be helped by regularly taking nutritional supplements such as vitamin B. Kaitlyn Rechenberg, a joint-degree student in the schools of public health and nursing, evaluated the findings of nearly 200 published papers that studied the effectiveness of five nutritional supplements on depression.

Depression is one of the leading causes of mental disability worldwide, and approximately 50% of cases are resistant to traditional pharmacological treatments. Omega-3 fatty acids, select B vitamins (folate, B_{12} and B_6), S-adenosylmethionine (SAMe), 5-hydroxytryptophan (5-HTP) and magnesium have been researched as potential alternative treatments for decades.

Rechenberg's literature review was solicited by the journal *Clinical Psychological Science*. Rechenberg's current paper summarises neurobiological, epidemiological and critical issues for each of the supplements for clinical depression in the general population.

Some of the reviewed papers have demonstrated the rise of depression rates as diets worldwide have shifted from fish, wild game and plants to domestic animals with high levels of saturated fats and vegetable oils like corn, safflower and sunflower that have high levels of omega-6 fatty acids.



Babies consume MONSANTO'S SIGNATURE CHEMICAL

According to a Reuters report, laboratories are receiving a surge in requests to have everything from food to urine samples tested for glyphosate. This is due to the announcement earlier this year by the World Health Organisation (WHO)'s International Agency for Research on Cancer that the weed-killer is 'probably carcinogenic to humans.'

It has been found in breast milk, infant formula, honey, soy sauce...

It comes as no surprise as the herbicide is being sprayed on millions of acres of agricultural land.

In Germany, the University of Oldenburg described their findings as 'intolerable' when traces of glyphosate amounting to between 0.210 and 0.432 nanograms per millilitre (PPB) were recorded. Irene Witte, professor of toxicology there, said: 'I would never have guessed that the quantities are so high.'

She called for the tests to be broadened to include a larger sample set of breastfeeding women. The chair of the Environmental Committee in the Bundestag (German parliament) Bärbel Höhn of the Green Party, called for government action. 'The government needs to take glyphosate out of circulation until the question of its links to cancer has been cleared up,' she said.



Shocking report – MAJOR PHARMACEUTICAL COMPANIES FALSIFY OR MANIPULATE TESTS ON DRUGS

Mr Richard Horton, Editor-in-Chief of a well-respected medical journal, *The Lancet*, declared 'Much of the scientific literature, perhaps half, may simply be untrue. Afflicted by studies with small sample sizes, tiny effects, invalid exploratory analyses, and flagrant conflicts of interest, together with an obsession for pursuing fashionable trends of dubious importance, science has taken a turn towards darkness.'

Dr Marcia Angell is a physician and longtime Editor-in-Chief of the *New England Medical Journal,* considered to be one of the most prestigious peer-reviewed medical journals in the world. Angell stated: 'It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of the *New England Journal of Medicine*.'

INTERESTING

Engaging in physical activity, such as walking, running or recreational sports, can improve cancer survival.

SUPERFOODS **GIVE AWAY**

Answer this simple question and enter into a Lucky Draw to win one of four SuperFood hampers.

Who are the authors of, *'The Magic of Superfoods with Rawlicious Recipes for Radiant Health'*.

Email your answer to lecia@naturalmedicine.co.za



Heart disease is a bigger killer for women than breast cancer, but many more women will fear breast cancer and not necessarily think about heart disease as a woman's issue.

For use by vvvaleha@gmail.com only. Distribution prohibited.

When only the best is good enough

Jutussin

a global gold standard for natural cough relief

suitable for children and adults



DR.RECKEWEG&CO

Homeopathic medicines

For further information please contact Regal Nutrients | +27 11 036 9420

For further information: www.reckeweg.co.za

Proudly distributed by Regal Nutrients

foodstate

DR.RECKEWEG&CO

Similasan

Ascendis HEALTH

WHY CHEMO COULD BE *a thing of the past*

Mark Cragg, Professor of Experimental Cancer Research from the University of Southampton, had an article published by *The Conversation*, stating that cancer can be treated in a different way. Treatments designed to promote the body's natural immune control over the disease, called cancer immunotherapy, work to stimulate the body's own immune system to destroy the cancer.

It was first described more than a century ago, but for the first time it is beginning to deliver long-lasting responses, which some are daring to call cures. While the results from the recent clinical trials are incredibly promising, it is clear that we are just at the beginning of our journey to understand the immune system and harness its power to destroy cancer.

In recognition that large multidisciplinary teams (clinicians, immunologists, molecular biologists, geneticists and others) are required, a new Centre for Cancer Immunology will open in Southampton in 2017.





3.6 MILLION *allergic to workplace*

A staggering 3.6 million South African office workers could be experiencing increased allergy symptoms in the workplace, according to a just-released survey.

Of the 1 300 survey respondents, polled nationally, more than a quarter said their allergies worsened when at the office and almost half (42%) took time off work because of their allergies.

Both the printer and photocopier emit fumes that could be harmful to your health. Almost half (47%) of respondents that participated in Pharma Dynamics' survey indicated that they sit less than one metre away from a printer and 33% sit in close proximity to a photocopier. A staggering 77% said their offices aren't well ventilated. Dust mites thrive on carpets, blinds, curtains and other soft furnishings. Books too can collect dust mites. More than 55% of respondents said their workplace has carpeted floors and 35% have open bookshelves.

For use by vvvaleha@gmail.com only. Distribution prohibited.



Raw food diet for pets



Let's face it, life is busy and has become all about convenience. It's become so easy to grab a bag of pellets or a can of dog food from the grocery store aisle to feed our beloved best friend. But is that the healthiest option?

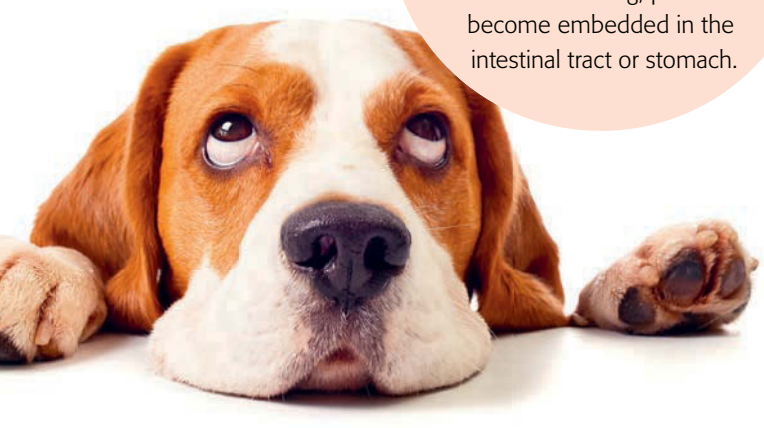
I've found some interesting websites that promote a raw-food diet for pets and love the idea that dogs and cats can now be fed a healthier, more balanced diet than what may have been deemed acceptable before.

Vitamins, minerals, iron, fats and protein, etc. are as important for our pets as they are for humans; it is therefore important to ensure that our pets' diets provide them with the necessary nutrients to ensure they lead a healthy life.

NOTE

It is important NOT to cook any bones as it can be dangerous.

Cooked bones can become brittle and may splinter which could cause choking, puncture or become embedded in the intestinal tract or stomach.



According to a local company called Doggobone which promotes a raw-food diet for dogs and cats, the following raw foods are important to incorporate into your pet's diet:

- **Finely ground meat including bone** – provides the necessary protein and fats and will give your pet energy.
- **Bones and marrow** – contain a wide variety of nutrients, vitamins, minerals, natural antioxidants (enzymes) and fats (essential fatty acids) and iron.
- **Organ meat** – important during times of growth, reproduction and stress, and contains vitamins, probiotics, iron, zinc, phytonutrients and essential enzymes.
- **Fruit and vegetables** – dogs require some form of fruit and vegetables to obtain the necessary vitamins A and C, minerals and fibre. It is however not required in large quantities.

If your pet is currently on a normal diet of dried pellets, canned food or kibbles, it is important to seek advice and do your research before making any drastic changes. Your pet's general health will determine how best to make a change. If they are facing health challenges, it may be necessary for them to be on a special diet to manage their health condition. Visit the following websites to find out how best to manage the transition to a raw-food diet:

1. www.doggobone.co.za
2. www.barfworld.com
3. www.pattonanimalnutrition.com

YOUR JUICING QUESTIONS ANSWERED



JASON VALE
Twitter @juicemaster
www.juicemaster.com

He has been described as the 'UK's Anthony Robbins' and the 'Jamie Oliver of the health and juicing world'. His books have now sold over three million copies around the world. Jason has dedicated his life to helping others achieve better health and well-being through freshly extracted juice. He has spent the past 15 years working with hundreds of thousands of people from every corner of the globe, including top athletes, CEOs of major companies, and many celebrities.

Q *You don't list many common fruits and veg, like courgettes for example. Is there a reason for this and can I juice all fruits and veg?*

A The reason I haven't listed all fruits and veg is mainly due to the fact that there are thousands of different types and I cannot include them all. I have included the ones that you will use the most and those that will do you most good. You can juice just about any fruit or veg (the exceptions being banana and avocado), and please feel free to do so. Things like onion, you will see in my recipes once in a blue moon and you are much more likely and much better off eating them. If you want to try a fruit or veg I haven't listed – go ahead. Just remember that many need to be mixed with other sweeter juices, like apple and carrot.

Q *What juices do you recommend I have with meals?*

A Vegetable juices – preferably ones without any apple (just add more carrot). Sip them with a meal or have one as a starter. I don't suggest having fruit juices or smoothies with a cooked food meal. You can also have a veg juice 15 minutes before eating; you'll find you then need less of the main course (excellent if you want to lose weight).

Q *You mention that cow's milk wasn't meant for humans, so why then do you add goat's yoghurt to some smoothies?*

A Cow's milk is much harder for our systems to digest than goat's. Cow's milk was designed for a species with FOUR stomachs; we, like goats, have just one. You will also notice that I only recommend 'live' organic goat's yoghurt. Live yoghurt contains friendly bacteria that are necessary for good health. Again, if we'd been eating 'live' foods all our lives then we would have plenty of healthy bacteria in our gut; as it is, most of us don't have enough and getting a good dose of live friendly bacteria is a must. If you are vegan you can buy 'live' acidophilus powder (found in many good health shops) – just make sure you get the stuff from the fridge.



For use by vvvaleha@gmail.com only. Distribution prohibited.

NATURAL SOLUTIONS TO BLADDER PROBLEMS



JILL R DAVIES

www.collegeofnaturalhealth.co.za

Jill R. Davies is a Herbalist and Naturopath, a lecturer and the author of 14 books on herbal medicine. She is this month's guest writer for CNH (College of Natural Health). CNH trains students across South Africa for successful careers in natural health, and offers short courses in a range of natural therapies.

Q *I stood in line at the pharmacy and noticed two women in front of me in the queue. The one was young, and wrapped around her boyfriend. She looked sexually active and had a bottle of cranberry pills in her hand. I know of many girls her age struggling with bladder problems when they lose their virginity and have often wondered why. The other lady was in her 70s, holding effervescent cranberry, as well as citric soda and looking very uncomfortable. Why is it such a common problem among older and younger women? Is it due to poor diet, or excess or lack of sexual activity that causes bladder problems? Thank you for your help. And is cranberry the best remedy? And if so, in what form and dosage?* P.V.

A **JILL R DAVIES REPLIES:** Bladder inflammation can have different causes throughout life, and can be exacerbated by hormonal changes, such as menopause, which will increase as the woman gets older. Urethral and bladder inflammation can often be caused during penetrative intercourse, where heat and friction can damage sensitive urethral tissue and cause almost immediate problems in the cells that line the urethra.

Whatever the cause, the main symptoms are the same: a burning pain when passing urine plus intense urgency and frequency of urination. Part of the problem is that women have a short urethra and because it lies near to the rectum there is the potential for unwelcome bacteria to transfer and flourish. A chronic pattern of inflammation is easily established in susceptible women.

If you are prone to bladder inflammation you need to pay particular attention to nutrition, sleep and warmth.

Cranberries have relevant properties to help

CNH COLLEGE OF NATURAL HEALTH

TRAINING SUCCESSFUL PRACTITIONERS

CHANGE CAREER

Train to become a Natural Health Practitioner

by studying CNH's:

International Diploma in Natural Health

Short Courses also available in a range of therapies

Attend a Free Open Evening at your nearest CNH college: Johannesburg, Cape Town, Durban, Pietermaritzburg

0861007824 www.collegeofnaturalhealth.co.za

Cranberries have relevant properties to help urinary tract infections which I mention later, but here are some additional things that you can do to help soothe those irritated mucous membranes:

FOODS & HERBS FOR THE HOME

- Reducing the acidity levels of urine will minimise burning pain. Bladder inflammation is aggravated by highly acid-forming food and drinks. Coffee and tea (especially with sugar), alcohol, and soda drinks are all acid-forming and stoke the fire of inflammation so avoid these drinks.
- Instead use alkalising drinks such as fresh lemon juice in spring water.
- Put three teaspoons of apple cider vinegar into unsweetened apple juice mixed with water and drink a total of two litres before and after sex.
- Drink as much alkalising fluid as possible: one to two litres per day. You want to cool things down and flush the system through so any attempt to avoid high fluid intake is counterproductive.
- Organic pot barley and lemon are two superb anti-inflammatory foods. Home-make some delicious old-fashioned lemon barley water and sip throughout the day.
- Fresh parsley and fresh dandelion leaf can be beneficial and can be added to salads as well as soups and casseroles.
- Raw foods are alkalising, but don't suit all constitutions.

CRANBERRIES

Cranberries have extraordinary healing and nutritional properties. They contain proanthocyanidins that prevent the adherence of bacteria to the mucosal walls of the urinary tract, thus keeping the bacteria from multiplying and infecting the host tissue.

It can be best to avoid commercial cranberry drinks, which are high in acid-forming added sugar. You can purchase dried cranberry powder to mix with apple juice. Also soak frozen or fresh cranberries in water or apple juice overnight and enjoy up to 300ml daily (large amounts could possibly cause kidney stones or diarrhoea).

Whether you choose to use ready-prepared cranberry juice, buy the dried fruit, purchase the prepared capsules, or make your own juice, decoction, tincture, or syrup, they will all be beneficial in their own way.

Bladder inflammation is not the same thing as bladder infection, in which low-grade fever, pain, and visible blood may be present. Because of the risk of the infection spreading to the kidneys, urgent medical attention must be sought.



For use by vvvaleha@gmail.com only. Distribution prohibited.

ALTERNATIVE, COMPLEMENTARY OR INTEGRATIVE – what is in a name?



DR BERNARD BROM, MB CHB (UCT), CEDH (HOMEOPATHY, FRANCE), DIP ACUP (SINGAPORE)
Twitter @healthforumsa
www.creatinghealth.co.za

He is Chairman of the South African Society of Integrative Medicine (SASIM). Dr Brom started his practice in 1976 using a holistic approach incorporating natural medicines, homeopathy, herbal medicine, nutritional medicine and lifestyle management. His special interests include energy medicine, integration of the art and science of medicine, development of intuition, questioning the nature of health and healing, and a deeper understanding of the nature of Spirit in the practice of medicine.

Q *Dr Brom, you are a co-founder of this publication and we have seen reference being made to natural products as alternative, complementary and integrative. Please could you clarify these terms? Do they mean the same thing? I also noticed on an online forum that you discussed the question of treating disease with antibiotics and the scientific support for natural medicines. Would you like to comment?* EDITOR

A **DR BERNARD BROM REPLIES:** The term 'alternative medicine' was a useful term a decade ago, but serves no purpose today when the movement is much more towards some kind of integrative process. The term alternative medicine is no longer used by any of my integrative colleagues and will generally only be referred to as such on the Internet or in old publications. Integration

Naturally better
biobalance
UTH

Did you know?
- 25 – 30 % of women between the age of 20 and 40 years have had Urinary Tract Infections
- 80 % of Urinary Tract Infections are caused by the bacterium, E. Coli
- 40 % of patients with a Urinary Tract Infection have a recurrence within one year

+

BioBalance ™ UTH
- CHD-FA® helps control E. Coli overgrowth
- Contains Cranberry, a herbal medicine that helps to prevent recurring Urinary Tract Infections
- Is reimbursed by most medical aids

BioBalance™ is locally produced

Reg. No: 2007/008216/07 ATKA TRADING 46 (Pty) Ltd T/A ATKA PHARMA
Unit 3 & 4 Block A | 1st Floor Regency Terrace | 81 Regency Drive
Route 21 Corporate Park | Irene | Gauteng | Tel: 086 111 55 32
www.biobalance.co.za

Carbo Hydrate Derived Fulvic Acid CHD FA
Ascendis HEALTH

is not alternative or even complementary, which is becoming a less popular term. Integration is about integrating a much broader philosophy of medicine that encompasses lifestyle changes, optimising health, dealing with the underlying dysfunctional systems within the body and managing the disease if present.

Integrative doctors will use many approaches along the way that they have learned from many different sources including acupuncture, homeopathy, herbal medicine and other techniques that a particular integrative doctor may be interested in. The key issue is around supporting health rather than merely treating the disease with drugs and/or surgery.

Integration is about supporting lifestyle in a much more aggressive way. I am sure that most conventional doctors will agree they just don't have enough time to deal with lifestyle, even though most of the chronic ill health, such as diabetes and cardiovascular disease, seen today is driven by poor lifestyle choices.

The focus on disease by most conventional medical doctors has allowed for short consultation, the use of multiple drugs to treat symptoms and attempts to quick fix the problem. The patient's voice and needs are often not taken into account. Patients often end up with two to six different drugs despite the fact that there is very little science to this kind of combination, especially in each unique person. Side effects are often incorrectly blamed on the disease.

'ANTIBIOTICS TREAT DISEASE'

I recently read on an online forum that 'antibiotics treat disease'. That's an interesting statement. To my knowledge and training, antibiotics kill bacteria only. The body's innate intelligence stimulates the healing process, which does the healing. If the latter is no longer functioning normally, then no amount of antibiotic will heal. Antibiotics have a place, but integrative doctors may or may not use them depending on the needs of the system and whether the body can cope on its own.

AND ON THE SAME FORUM WAS OF COURSE THE BIG QUESTION: WHERE IS THE SCIENCE FOR NATURAL PRODUCTS?

Textbooks of biochemistry or physiology do not refer to synthetic drugs sustaining and supporting physiological and biochemical functions. When you look at liver detox, you will discover, perhaps to your doctor's surprise, that what the liver requires in phase 1 of detox is folic acid, vitamin B_3, B_6, B_{12}, A, C, D_3, E, and that for phase 2 of detox it requires a range of amino acid, NAC and this is also where the cruciferous vegetables contribute. Milk thistle contributes to phase 1.

What the body requires to support health can be easily read about in any medical textbook.

Natural products support the natural movement of physiological functions. These natural products are even called essential fatty acids, essential amino acids and essential vitamins. However, in today's world most people are deficient in a range of nutrients – their body systems become compromised and slowly more and more dysfunctional. Ill health is the consequence of major nutritional deficiencies, serious toxic exposure, stress, lack of exercise, poor sleep patterns and only a small part from gene expression.

The methylation pathway is another important detox pathway requiring folic acid, B_{12} and B_6 to function normally and (again) not drugs. Detoxification is what the body does

For use by vvvaleha@gmail.com only. Distribution prohibited.

to heal itself in a most natural way, provided of course it has the nutrients it needs to do so.

The second answer to the question: 'Where is the science for natural products?' is in the textbooks on integrative and functional medicine, written mainly by medical professionals and supported by their medical schools with thousands of references, and the many peer-reviewed journals of integrative, natural and functional medicine, yearly conferences and congresses conducted around the world, and the experience of thousands of integrative doctors globally. The Internet also has some really good sites with reliable information.

PRESCRIPTION DRUGS DO HAVE A PLACE IN MEDICINE

In an integrative practice, symptomatic drug treatment and certainly antibiotics and even vaccines may have their place. It is all about appropriateness and listening to patients' needs carefully. In my experience, healing will happen if the body's functions are optimised, stress is reduced, food choices are made wisely, exercise is appropriate and the limits of drug medicine are recognised.

Lifestyle changes could change the face of medicine and make a huge dent in the incidence of many chronic diseases. It is not that more and stronger drugs are required, nor better surgical techniques and clever diagnostic tools, but education of doctors and their patients about the effects that simple lifestyle changes could really make. Adding nutritional supplements to optimise health would be the cherry on the top. ●

NEW GENERATION
smecta®
the diarrhoea solution for your family



- Unique powder formulation
- Ingredient diosmectite: allows for adsorption of different toxins (such as Rotavirus, *E.Coli* and *staphylococcus*)[1]
- Remember to also rehydrate

Ask your pharmacist for smecta®

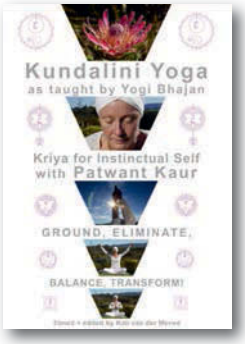
(1) Smecta product information leaflet.
For more information contact
Pharmaplan (Pty) Ltd. Reg. no. : 1996/017921/07.
106 16th Road, Midrand. 087 742-1860.
www.lithahealthcare.co.za
LP 795 08/2014

IPSEN PHARMAPLAN

LITHA PHARMA
Part of Litha Healthcare Group Limited

REVIEWS

DVD reviews



KUNDALINI YOGA

Patwant Kaur is a writer, Reiki Master and has been teaching Kundalini Yoga since 2001. This form of yoga is a powerful practice that brings healing, strength and balance. The DVD is divided into three sections. The warm up which is a gentle yet powerful way to connect with your body and breath. The Kriya – a series of specific asanas (poses) that has a specific effect or outcome and thirdly breath meditation (sitali pranayama).

patwantrhodes.blogspot.com or email: suryawellnessprogramme@gmail.com

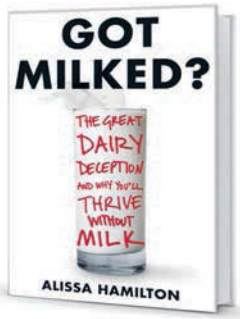


FORKS OVER KNIVES

This DVD examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The idea of food as medicine is put to the test. Cameras follow 'reality patients' who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole-foods, plant-based diet as the primary approach to treat their ailments, while the challenges and triumphs of their journeys are revealed.

www.wisdomtonourish.com

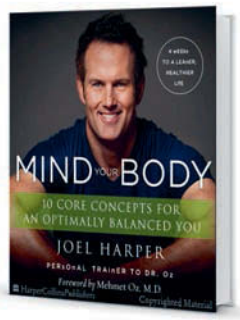
BOOK reviews



GOT MILKED?

There are three myths the milk industry wants you to swallow: 1) Milk is necessary to protect your bones and prevent osteoporosis; 2) Milk is an essential part of a balanced diet; 3) Milk is natural. Alissa Hamilton dispels common misconceptions about milk and exposes the truth behind the marketing, as well as the enormous influence the milk industry has over our diets. *Got Milked?* will make you rethink the way you consume milk and empower you to eat better. The book offers dairy-free recipes and meal plans that deliver the same nutrients found in dairy products, without all the sugar or negative side effects.

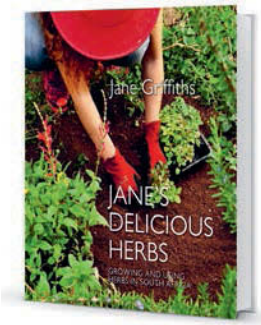
www.harpercollins.co.uk



MIND YOUR BODY

Joel Harper has spent 20 years helping people achieve their weight-loss goals and optimally balancing every category of their lives. By investigating cutting-edge research in the fields of neuroscience and neuropsychology, Harper soon discovered that people who are stuck struggling with excess weight, have one thing in common – destructive self-talk and negative thinking patterns. In *Mind Your Body,* Harper explores the crucial – and often overlooked – connection between meals, moves and mindset. In the process, he provides a 'whole-istic' three-step weight-loss program that will help you quadruple your weight loss, maximise your workouts and boost your happiness and energy levels in just 15 minutes a day.

www.harpercollins.com



JANE'S DELICIOUS HERBS

Jane Griffiths, South Africa's organic gardening guru, provides a wealth of practical information on growing and using nearly 80 different herbs. From creative ideas for herb garden design, to hands-on advice for setting up and maintaining an organic herb garden, this definitive guide is clearly laid out with hundreds of beautiful colour photographs. Along with a quick reference guide to healing plants, it also includes over a hundred recipes for cooking, healing, cleaning and pet care.

www.jonathanball.co.za

For use by vvvaleha@gmail.com only. Distribution prohibited.

CHILDREN'S *corner*



feed your child's BRAIN



For use by vvvaleha@gmail.com only. Distribution prohibited.

You can increase your child's intelligence, attention span, concentration, problem-solving ability, emotional response, mood and physical coordination – all the facets of intelligence – simply by changing what goes into and onto their bowls, plates and lunch boxes.

FOOD FOR THE BRAIN SURVEY FINDINGS

- Children who eat diets high in fried food, takeaways or foods cooked in hot fat are three times more likely to be badly behaved.
- Children who eat vegetables, oily fish, nuts and seeds do best at school.
- Children on the best diets have 11% higher academic scores than those on the worst diets.
- The best foods for behaviour are fruit and vegetables. Those children eating the most of both are twice as likely to be well behaved.
- The worst foods are fried, takeaway and processed food, ready meals and sugar.
- A massive 44% of children who eat this type of junk food most days suffer from bad behaviour, compared with only 16% of children who never eat fried or takeaway food.
- Children who ate nuts and seeds daily did twice as well academically as children who didn't eat nuts and seeds at all.
- The best foods for good academic scores are dark green leafy vegetables, oily fish and water. The worst foods are processed foods and ready meals.





PATRICK HOLFORD
Twitter @patrickholford
www.patrickholford.com

He, together with his team, carried out Britain's biggest-ever health and diet survey, the 100% Health Survey, which has now been completed by over 60 000 people. His book, *The 10 Secrets of 100% Healthy People,* portrays the fascinating insights provided by the survey and his 30 years study of good health and how to achieve it.



FOOD FOR THE BRAIN

In 2005, we founded a charity to promote the link between nutrition and mental health. The charity, Food for the Brain, conducted a survey of over 10 000 children in Britain, comparing food intake with academic performance, behaviour and health.

The children were of all ages, with three-quarters of them aged between six and 15 years old. The survey, the largest ever in Britain, found that more than one in three children in the survey had problems behaving and performing academically, and there was a strong association between poor eating habits, poor behaviour and academic performance. A number of key foods were identified as having a substantially beneficial effect on both behaviour and academic performance.

> "There was a strong association between poor eating habits, poor behaviour and academic performance."

The survey was published in September 2007 and is available at www.foodforthebrain.org. The Food for the Brain website provides all sorts of useful information for parents and schools, and you can also complete the survey questionnaire to identify where your child could be eating better food for the brain.

While the practical advice we give you is based on solid scientific research, we feel even more confident about our conclusions because we have worked with hundreds of children over the past two decades. Some of them were disabled, some coping with serious behavioural problems, yet all were transformed once their own unique optimum nutritional needs were discovered and fulfilled.

Every day at the Brain Bio Centre clinic, part of the Food for the Brain charity, we see children who are struggling to learn, develop and adapt. Our job as nutritional therapists who specialise in children's development is not only to find out what's wrong – be it a food allergy, a chemical sensitivity or a nutrient deficiency – but also to show parents how to make good food that children like, wean them off sugar and expand the range of healthy foods on the daily menu.

As well as working one to one with children and parents at the Brain Bio Centre, we've tested our theories in primary schools, secondary schools and special educational needs schools, through the work of the Food for the Brain Schools Project, again with staggering improvements in learning and behaviour.

Much of our work has been with children and young adults diagnosed with ADHD, autism, Asperger's, depression and even psychosis. The usual routes for children with these condi-

Further reading: *Optimum Nutrition for Your Child* by Partick Holford and Deborah Colson. London: Hachette, 2009.

For use by vvvaleha@gmail.com only. Distribution prohibited.

'FULL FOCUS!'



CHOOSE THE 100% NATURAL DAILY NUTRITIONAL SUPPLEMENT THAT HELPS US LIVE LIFE TO THE *FULLEST!*

We all have challenges to conquer, throughout our lives. Goals to shoot for. Milestones to reach. To face them and succeed with a smile on our face, we need to apply all the energy and focus we've got. And then some! Just one of the reasons that families in 67 countries choose Bio-Strath. By supplementing our diets with a completely natural and bioavailable source of vitamins, building substances, minerals and amino acids, Bio-Strath gives us 61 nutrients we all need to function at our best, especially when we need to take things to the next level!

So many families have shared their real experiences of the power and vitality that Bio-Strath has brought to their everyday lives. See for yourself, by visiting

www.thefullstory.co.za



Bio-Strath®

Full of Nature. Full of Nourishment. *FULL* OF LIFE!

tions are prescription drugs or specialised psychological support. We believe that optimum nutrition is a vital aspect of helping these children discover, or recover, their full potential.

STUDIES ON THE BENEFITS OF OPTIMUM NUTRITION

- Bernard Gesch, director of the charity Natural Justice, gave some of Britain's worst young offenders supplements of vitamins, minerals and essential fats, or placebos, and demonstrated a dramatic 35% decrease in aggressive acts only in those taking the supplements.[1] Another similar study is currently underway.
- Dr Alex Richardson of the University of Oxford conducted a randomised controlled trial with 117 children aged five to 12 years who had coordination problems. The children who received supplements of omega-3 and omega-6 essential fats showed significant improvements in reading, spelling and behaviour over three months compared to those who didn't receive the supplements.[2]
- Researchers from Örebro University in Sweden compared the school grades in ten core subjects with homocysteine levels (homocysteine is an indicator of B vitamin deficiency) in a group of 692 school children aged nine to 15. Higher homocysteine levels were strongly associated with lower grades.[3]
- Researchers at the Institute of Child Health in London placed 78 hyperactive children on a 'few foods' diet, which eliminated both chemical additives and common food allergens. The behaviour of 59 of the children, or 76%, improved during this open

MEDI MUSHROOMS
Over 4000 years of Oriental Traditional Medicine
MEDI MUSHROOMS
supports a healthy body, strong spirit and clear mind.
Pure, high quality organic medicinal mushrooms.
Need support with
• well-being
• mental clarity
• immune system
• allergy symptoms
...and much more?
Lion's Mane may lessen symptoms of anxiety and improve clarity and focus.
Dosage for children under 6 years of age: half adult dose when needed.
Reference: http://www.ncbi.nlm.nih.gov/pubmed/18844328
Reishi Lion's Mane Cordyceps Shiitake Maitake
Phone: 011 887 3395 | Mobile: 082 600 8780
Email: sales@medimushrooms.co.za
www.medimushrooms.co.za
Check reliable sources on the internet for the health benefits of medicinal mushrooms.



For use by vvvaleha@gmail.com only. Distribution prohibited.

trial. To check whether the foods would affect the children's behaviour if no one knew whether they were eating them or nor, the researchers managed to disguise the foods and additives that provoked reactions in 19 of the children. When these children were given the disguised offending foods, their behaviour ratings and performance in psychological tests deteriorated.[4]

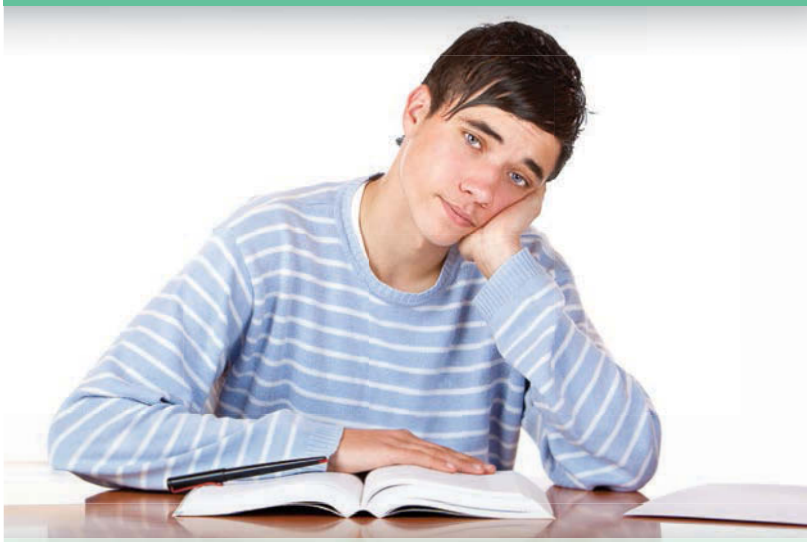
If simple changes in nutrition can have such profound effects on the young people in these studies, isn't it likely that optimum nutrition can help your child reach their full potential, whether they have behavioural problems, a condition such as autism or you feel they're doing 'all right'. Health professionals and other concerned parents are leading a revolution in food awareness. Although governments are waking up to the implications of all the new research, they have not yet accepted across the board just how profoundly nutrition can influence learning and behaviour. In the UK, for example, over £240 million was spent last year on psychological interventions in schools for children with learning or behavioural problems.

How much was spent on the kind of highly effective nutritional intervention we describe in this article and my book *Optimum Nutrition for Your Child?* Precisely nothing. ●

References

1. Gesch B. Influence of supplementary vitamins, minerals and essential fats on the antisocial behaviour of young adult prisoners. *Br J Psychiatry* 2002; 181: 22-28.
2. Richardson AJ, Montgomery P. The Oxford-Durham study: A randomized controlled trial of dietary supplementation with fatty acids in children with developmental coordination disorder. *Pediatrics* 2009; 115: 1360-1366.
3. Borjel A, et al. *Homocysteine metabolism.* 5th International Conference Abstract. Italy, June 2005.
4. Carter CM, et al. Effects of a few food diet in attention deficit disorder. *Arch Dis Child* 1993; 69: 564-568.

KeenMind® (CDRI 08) Memory & Mental Clarity
Bacopa monnieri specific extract CDRI 08



KeenMind has been shown in clinical trials to:

- ✓ Enhance memory retention and recall
- ✓ Assist learning in children and adults
- ✓ Improve mental clarity, concentration and focus



The same KeenMind formulation now available in dark green capsules of vegetable origin. Suitable for vegetarians.

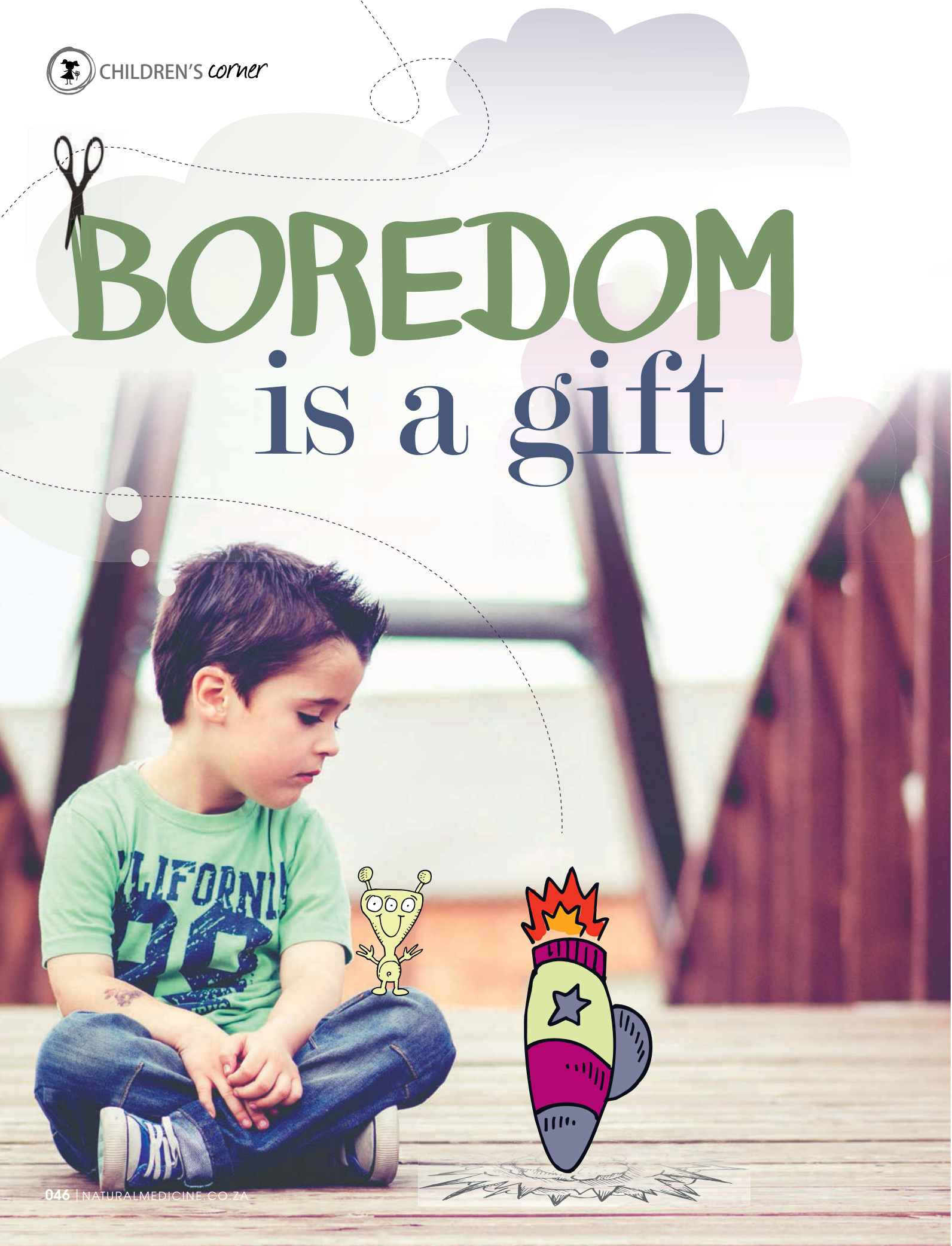
Available at leading pharmacies & health shops without prescription.

Flordis South Africa (Pty) Ltd
(T) 044 874 2927 (F) 044 873 3271
www.flordis.co.za

For more information go to www.keenmind.info

References:
1. Stough, et al. Psychopharmacology. 2001;156:481-484.
2. Roodenrys, et al. Neuropsychopharmacology. 2002;27:279-281.
3. Stough, et al. Phytotherapy Research. 2008;22:1629-1634.

BOREDOM is a gift



For use by vvvaleha@gmail.com only. Distribution prohibited.

In the 1990s, child education revealed the importance of learning through play. In this digital age, much of this free time of playing outside, daydreaming and what adults may call 'doing nothing' has been replaced with screen viewing of a varied kind.

Reflecting over my time as a kindergarten teacher, I recall the busyness of these young beings even when appearing to be inactive. There had been many a time that I offered suggestions for something to do and the most common response would be, 'I'm busy.' When looked at closely, I would indeed see that the individual was preoccupied.

While Thomas ran his fingers through the sand, Amalia would swing her legs back and forth. For Divan, sitting close to an adult was important, and at some point, each of them would daydream. Daydreaming is not boredom; it is a skill that, when nurtured, can assist in developing imagination, the key to conceptualisation, comprehension and balanced emotions.

My eight-year-old son, who is an only child, is used to occupying himself. I recall one particular day when he sat staring into space for ages. I found myself asking, 'Is he lonely? Should I find something for him to do? What if he's bored?' A little while later he joined me with a serious look on his face and asked, 'What if I attached a rocket-stove under my chair? Do you think it will fly me into space?' Before I could answer he was off, running through the garden gathering items for his contraption. And I had thought he was bored!

WHAT IF MY CHILD IS BORED?

Gwynn Dawson, a Waldorf teacher of 37 years, says, 'It is not the true nature of children to be bored. Children are ever curious, ever exploring, touching, tasting and looking.'

Children who wander around aimlessly, can't concentrate or struggle to get going in an activity may appear bored, but the reality is something different. In our world of seemingly never ending choices, children easily become dependent on outside stimuli. Dawson says, 'Bored children are MADE by anxious adults giving them more and more STUFF – it overstimulates their senses and addicts them to continual outside input. They sadly can come to depend on this stimulus and then lose their innate ability to be with and in their world.'

Dr Kathy Hirsh-Pasek, co-author of *Einstein never used flashcards*, explains that free time provides an opportunity to process information, establish comprehension and build the intellect. Such is the case when children build a fort outside, play dress up or just sit staring into space. 'During empty hours, kids explore the world at their own pace, develop their own unique set of interests and indulge in the sort of fantasy play that will help them to figure out how to create their own happiness, handle problems on their own, and sensibly manage their own time. That's a critical life skill,' says Dr Hirsh-Pasek.

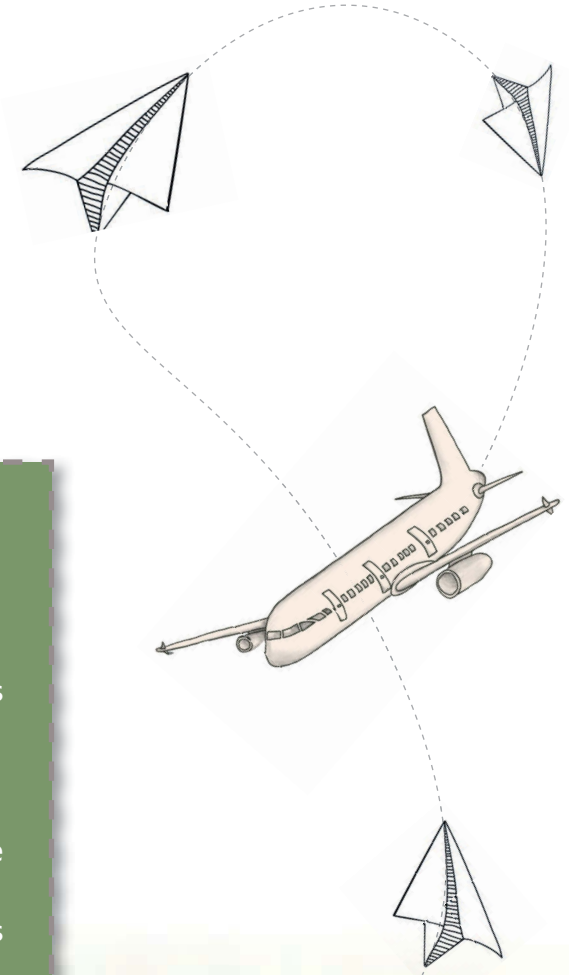
Some children who are so used to being busy may require time to adjust to the new way of being. The best way to introduce a new habit into the family is to lead by example. Let your loved ones see you relaxed and in a pleasurable state of chilling out, without turning to a digital device. Feeling fully relaxed in a state of just being is an art. The good news is it is possible to learn this through practice. The bonus is that it's healing too.



HELEN HANSEN
helen@helenhansen.co.za
Twitter @HelenHansenCo
www.helenhansen.co.za

As the founder of Kidz Take Over drama school (1997), Helen has worked with children on a creative level for more than 15 years. As an inspirational writer she combines her writing expertise with her skills on children's behaviour and development, incorporating tried and tested right brain techniques she has used for more than two decades. Helen provides guidance for teachers and parents worldwide to inspire children to fulfill their destiny while being true to themselves. She is the author of the book *Living an Inspiring Life with Young Children.*

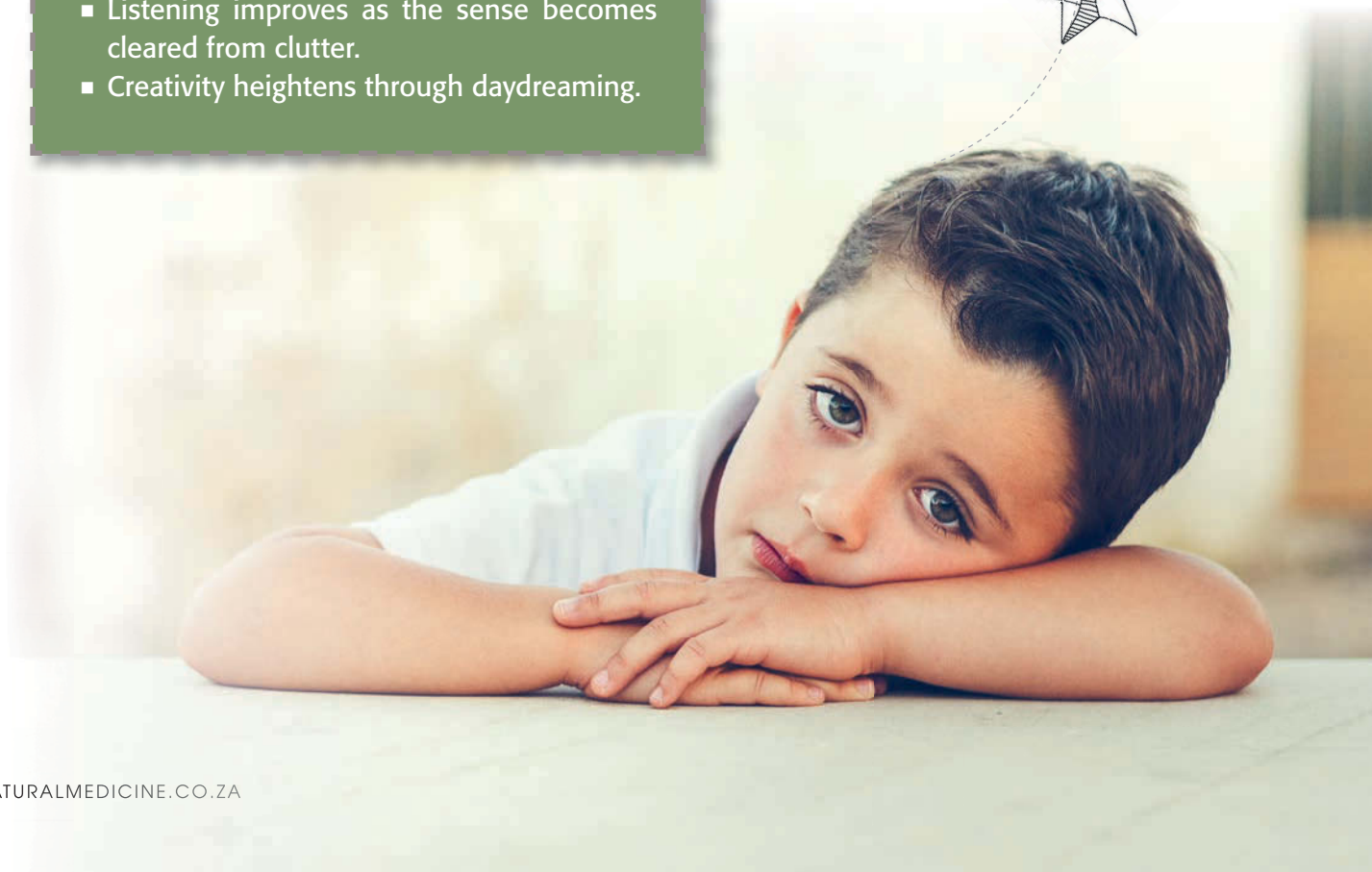
Children who are prone to anger or irritability may benefit from down time as their bodies relax and restore balance. Likewise, minor health concerns may be remedied with a dose of nothingness. For a young person, who does not fully understand themselves, empty moments carry the opportunity to turn inward and nurture themselves. So, it's time to get busy; busy doing nothing.



HOW CAN BOREDOM BE BENEFICIAL?

During the time of doing nothing, otherwise known as boredom, the body is being recharged in the following ways:

- Breathing stabilises, equilibrating emotions and aiding composure.
- Immunity levels rise as internal organs function at higher capacity.
- The brain lets go and makes space for the next important download.
- Listening improves as the sense becomes cleared from clutter.
- Creativity heightens through daydreaming.



For use by vvvaleha@gmail.com only. Distribution prohibited.

NATURAL *nutrition*



Lettuce be straight with each other - The GI myth uncovered





HEIDI DU PREEZ, PR SCI NAT, MSC
www.naturalnutrition.co.za

She is a registered Professional Natural Scientist, who obtained her master's degree in Food Science. Heidi consults for both the food and health industries and runs a private practice in Cape Town. She uses a holistic, biomedical approach incorporating diet, supplementation, detoxification and spiritual well-being in her treatment regimen. Her focus is on the prevention and cure of chronic, metabolic and degenerative diseases. She is the author and publisher of the health recipe book *Naturally Nutritious Wholefood Cookbook*. Heidi has appeared on TV and often writes for various publications on health matters.

A battle is being waged on the dietary front. Is the glycaemic index a true parameter of health or just another fad without foundation?

One of the buzz words in nutrition is the glycaemic index (GI). Countless books are written based on the so-called GI. The term is used not only to market processed food, but has become a common catch phrase in health-conscious circles. Many people in the sport, diabetic and weight watchers arenas base their entire diet on the GI. But what does this term really mean? Anyone with any nutritional suss should be highly suspiscious of the hype.

WHAT IS GI?

The GI is defined as the body's blood sugar (read glucose) response-ratio to any given food. A refined carbohydrate (such as white sugar) is rapidly digested and absorbed into the bloodstream and will cause an immediate increase in blood sugar levels, whereas a more complex carbohydrate, such as a banana, will cause a much slower increase of sugar into the bloodstream.

The concept of GI was first established in 1981 by Dr D Jenkins (Professor in the Department of Nutritional Sciences, University of Toronto, Canada) and his colleagues as a way to classify carbohydrate-containing foods for the management of glucose in diabetics. GI levels are classified as low (below 55), medium (56 - 69) or high (above 70). To determine the GI of different foods, a specific food is isolated and eaten by individuals and their blood glucose levels are tested after the meal to assess the effect. Any individual's response to eating pure glucose is taken as a standard measure for the highest GI, i.e. 100.



For use by vvvaleha@gmail.com only. Distribution prohibited.



GI & sport



It is generally believed that the GI can be a useful tool to help exercise and fitness enthusiasts select the right type of carbohydrates to eat before, during and after exercise. However, studies conducted to determine if the GI of carbohydrates affects performance are not conclusive. The latest trend in the sports arena is to put more emphasis on antioxidants, proteins and beta-glucans than carbohydrates.

THE PROBLEM WITH GI

The problem, however, is that the GI tends to afford the specific foodstuff with a high or low GI label. This is done without taking into account that the index can increase or decrease in relation to the amount of carbohydrate consumed. The pineapple or watermelon will thus be dispatched to the 'bad food' bin with all the other culprits, whereas it is in actual fact totally safe for a diabetic to eat a limited amount. (Only the truly gastronomically sturdy can eat the amount needed to flip the index into danger-zone – approximately more than three watermelons).

Wouldn't life be a plum though if we had an index that could take into account the quantity consumed in order to let the falsely accused 'bad apples' off the hook? Well, one such index actually does exist. Instead of lobbing a given food into the out tray because of one bad performance, the aptly named glycaemic load (GL), considers the fact that a bunch of grapes will have a more dramatic blood sugar response (higher GI) than a single grape. The GL is the amount of carbohydrate in the food consumed, multiplied by the speed of digestion of the said carbohydrate.

This is why GL is in fact considered by many experts to be a better tool for measuring sugar levels, as it takes into account both the amount of a certain carbohydrate as well as its rate of digestion and absorption to determine the body's physiological response to blood glucose input.

GI AND DIABETES

The major causes of type 2 diabetes are:

- stress in its various forms
- consumption of refined and processed foods, resulting in deficiency of the essential nutrients linked with diabetes such as chromium, vitamin C, magnesium, the B-vitamins, zinc and essential fatty acids
- lack of physical activity, coupled with
- obesity or being overweight.

These factors all contribute to a lowering of the body's resistance to insulin – the primary cause of type 2 diabetes.

It is widely believed that type 2 diabetes can be prevented by eating foods with a low GI. However, the truth is that high levels of glucose are not what cause diabetes, but rather the body's lack of sufficient insulin production due to the above-mentioned factors. Although foods high on the GI can cause glucose levels to spike, this is just an indicator for the presence of diabetes, not the root cause of it.

People differ greatly in how well they digest and process specific foods. Thus many people suffering from diabetes have wisely started developing their own GI, based on their individual experiences of blood glucose responses to specific foods and are making insulin adjustments accordingly.

To effectively prevent and manage type 2 diabetes, the focus should rather be on consuming a balanced wholefood diet consisting of mainly unprocessed fruits, vegetables, legumes, seeds, nuts and wholegrains, which supply the body with complex carbohydrates, water-soluble fibre and all the nutrients needed to maintain proper physiological function. Every meal should be balanced with good sources of plant and/or animal protein. Apart from nutritional status, obesity, inflammation, gut health and toxicity all have a profound

effect on a person's susceptibility to type 2 diabetes.

STRIKING VARIATIONS AND GENERALISATIONS

With glucose as the yardstick, studies indicate that white bread has a GI of about 70. However, quite strikingly, a research study revealed that individual indices of white bread have ranged from 44 to 132. In addition, within the same individual test values have varied by as much as 42%. Although the average value is 70, these results show that using GIs for individuals are slightly dicey at the very least.

When it comes to food and diets, generalisation is dangerous. Considering that potatoes, in general, have a high GI – higher even than white refined sugar, standard bread and rice cakes – they would not be desirable in a low GI diet. However, from a nutritional point of view, potatoes are far superior compared to white refined sugar, standard bread and even rice cakes. Furthermore, potatoes have been the staple in many European countries and the way potatoes are consumed there, boiled with its skin on, has a lower GI than the fried, baked, mashed, roasted or microwaved potatoes consumed in countries like the USA. As part of a balanced meal, boiled, less-mature potatoes are a very nutritious wholefood and their consumption should be encouraged, rather than discouraged.

CONCLUSION

For health reasons, processed foods are labelled to indicate their carbohydrate, fibre, protein, fat and trans fat content – and now also their GI. However, they are still processed foods laced with synthetic chemicals such as preservatives, colourants and flavourants and are devoid of natural water-soluble fibre and life-giving bioavailable micronutrients like enzymes, vitamins, minerals and other essential phytochemicals. Processed food is not health promoting, low GI or not!

High insulin levels are implicated in all the diseases of our modern lifestyle, such as high blood pressure, cholesterol and triglycerides, and diabetes, hypoglycaemia, ADHD, obesity and coronary heart disease. To prevent these diseases and to maintain physiological health and therefore a balanced glucose response, the body needs soluble fibre and macro- and micronutrients like vitamins, minerals, antioxidants, enzymes and many yet-to-be-discovered phytochemicals. These can only be supplied by a balanced, unprocessed wholefood diet. Complex carbohydrates (starchy vegetables and whole grains), rich in soluble fibre should be balanced with protein and fat in every meal in the ratio of 20% complex carbohydrates, 20% protein and 10% fats and oils. Salad and vegetables should make up the remaining 50% of the meal. These proportions are in accordance with our own body composition.

For promoting health, the emphasis of any diet should be on natural, unprocessed wholefoods, eaten in balanced proportions. We need to re-think our health education and the proportions portrayed in the conventional food pyramids. ●

> ‘High insulin levels are implicated in all the diseases of our modern lifestyle’

For use by vvvaleha@gmail.com only. Distribution prohibited.

Enzymes = LIFE



JASON VALE
Twitter @juicemaster
www.juicemaster.com

He has been described as the 'UK's Anthony Robbins' and the 'Jamie Oliver of the health and juicing world'. His books have now sold over three million copies around the world. Jason has dedicated his life to helping others achieve better health and well-being through freshly extracted juice. He has spent the past 15 years working with hundreds of thousands of people from every corner of the globe, including top athletes, CEOs of major companies, and many celebrities.

No matter how shot we believe our system to be, once you supply the correct enzyme-rich fuel the body will soon regenerate and repair.

In case you're wondering what the hell an enzyme is, let me make it simple – ENZYMES ARE LIFE. Without what are called metabolic and digestive enzymes I wouldn't be able to write my books in fact I wouldn't be able to do anything. Every single activity that takes place in your body requires these wonderful catalysts. Without them you couldn't yawn, blink, spit, blow your nose, or breathe. So whenever I say enzyme I mean life, and it's why I often refer to your enzyme/life account. There is no question that the X amount of metabolic enzymes that we are born with will run out. There is, after all, one sure thing about life – it ain't gonna last forever, no matter what we eat and how many times we clean our auras and chakras. But one thing is certain, pending fatal accidents, YOU will certainly live longer if the majority of what goes into your body is 'living' foods and drinks. That sounds like a pretty bold statement, but it's one I believe to be true.

Much more importantly, the *quality* of your daily life will be vastly improved if you eat 'live' foods. From personal experience I know that



it's a much, much better life when you're living in a slim, healthy, energy-driven body than an overweight, sluggish and diseased one. There are many people who are kept alive until 70/80/90, but often when you look at their life they actually stopped 'living' in their 50s. My role models are people like the great pioneer of juicing – Dr Norman Walker. He died peacefully in his sleep, disease free, at the age of 113. Another US doctor whose diet also consisted of large quantities of 'live' juice died at the younger age of 96, but in his case the cause of death was being hit by a freak wave while surfing – yep, surfing at 96 years of age!

Living Foods = Life
Dead Foods = Death

It seems so obvious yet due to mental conditioning, there are many individuals, experts and government bodies who say that you *must* have cooked food – that you cannot live on living foods. How barking mad is that? Are they a few burners short of a full stove? All 'living' foods have enzymes and enzymes equal LIFE! Every time we eat 'live' foods we can rest assured that we don't have to deplete our enzyme accounts to try and process it – the plant has done the work for us. Not only that, but all living foods contain oodles of enzymes that will help the body deal with disease, build up a defence against ailments, and enable it to deal with any cooked and processed food we do eat.

Because yes, I live in today's real world and so do you – we have all come to enjoy cooked food and it is also a huge part of our social life, so I'm not suggesting you turn into a 'raw fooder'. What I am saying is the more live foods you eat, the more alive you will feel – the more 'dead' food you consume, the more like death you will feel.

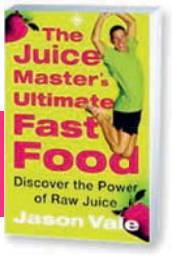
THE DEAD FOOD HANGOVER

Every day most people are waking up with a food and drink hangover caused by dead, processed food and drink. And because this happens to most people, how on earth is anyone meant to know that it isn't a natural way to feel? After all, those who wake up full of the joys of spring are considered freaks (of the health variety), so when the majority of the population are waking up 'feeling like death' it appears natural. It also appears perfectly natural to 'use' some kind of quick-fix food or drink to try and rev up the system ready for the day. But the system shouldn't need revving up – it's been resting for six to eight hours and should be bursting with energy.

The reason why most people aren't waking up 'awake' is because the body hasn't been resting at all. All night long, the body has been working its socks off trying to deal with the previous day's enzyme-free rubbish. It will do its level best to convert what you have put in into useable fuel and do whatever it can to throw out the waste. And if you drink loads of alcohol, have no water and eat dead foods just before you go to bed, then you will certainly feel more like death than 'normal' when you wake up. But, as I will repeat, even what you have come to regard as normal or natural is still usually a hungover state – it's simply that it has become so familiar it feels like your natural state.

Once again, exactly how hungover you feel will depend on your enzyme bank account. Children, for example, are born with a full account and tend to wake up quite buoyant – even if everything they consumed the day before was as dead as your average Sunday dinner. However, after many years of trying to deal with dead/lifeless foods and drinks, the body begins to process them less efficiently due to the constant backlog and the fact that it has fewer enzymes to do the job. This means you should never compare yourself to other people to gauge your state of health – it all depends on *your* account and your inheritance. Instead you need to compare how you feel now to how you *could* feel if you freed up energy currently used to digest dead foods and, in addition, supplied your body with plenty of pure live liquid gold.

Further reading: *The Juice Master's Ultimate Fast Food - Discover the Power of Raw Juice*



For use by vvvaleha@gmail.com only. Distribution prohibited.

enjoy the foods you love!



Help your body break down proteins, carbs & fats and digest food (even dairy) more effectively with

Bio-Enzymes For Life

Bioharmony®

Marketed by: Avid Brands S.A. (Pty) Ltd
Available from: Dis-Chem, pharmacies & health shops nationwide

www.avidbrands.com avid brands www.bioharmony.co.za

Juice RECIPES

PLUM ZEST

Freshly extracted juice blended with tangy fresh pitted plum, cooled with ice and spiced with cinnamon.

YOU WILL NEED

½ lemon
1 plum
½ a lime
4 oranges
A ripe pear (or 2 conference pears)
Handful of ice
Some spice (of the cinnamon kind)

WHAT YOU DO WITH IT

Leave the peel on the ½ lemon and lime but peel the oranges. Seed the plum and place in a blender. Juice the lemon, lime, oranges and pears then add to the plums, along with the ice and cinnamon. Blend the lot for 45 seconds.

SERVES 1 - 2



BANANA, APRICOT AND CINNAMON SPICE

The rich creamy freshly extracted juice of pear and orange, blended together with fresh apricots and topped off with some fresh mint and spicy cinnamon.

YOU WILL NEED

2 apricots
½ a banana
Cinnamon
6 conference pears
2 large oranges
6 mint leaves

WHAT YOU DO WITH IT

De-stone the apricots and place in blender along with ½ a banana, a pinch of cinnamon and the mint leaves. Juice the pears and oranges (make sure you leave as much pith on the oranges as possible when you peel them) and pour into the blender. Blend the lot for 45 seconds.

SERVES 1 - 2

BANANA ZEST WITH A TOUCH OF ACTIVE HONEY

Rich thick pear juice, thinned with freshly extracted sweet orange, lemon and lime juice, all blended with fresh banana and antibacterial mānuka honey.

YOU WILL NEED

4 conference pears
2 oranges
½ a lime
½ a lemon
½ a banana
1 spoonful of mānuka honey
1 handful of ice

WHAT YOU DO WITH IT ALL

Peel the oranges, lemon and lime (remembering to leave as much of the pith on as possible) and banana. Juice the oranges, lemon and lime. Place the banana, ice, honey and juice in a blender. Blend for 45 seconds and enjoy.



For use by vvvaleha@gmail.com only. Distribution prohibited.

IMPROVING *health*





For use by vvvaleha@gmail.com only. Distribution prohibited.

STOP THE ITCH
– tips for eczema sufferers

Eczema is often a challenge to control, so doctors prescribe steroid skin creams or ointments. It is important to use these drugs with caution – talk to your doctor about what to expect, and try alternatives for long-term maintenance.

The cause of eczema remains a mystery. It seems to result from a combination of genetics and conditions of everyday life. Eczema flare-ups are sometimes the result of a specific irritant, but more often there is no obvious external cause. Eczema runs in families and affects one out of ten children. Researchers have found that a genetic lack of a protein called filaggrin might be involved. Filaggrin helps to form a protective layer on the skin that keeps out foreign invaders.

The standard treatment for chronic eczema involves wearing soft cotton fabrics, taking lukewarm baths, using non-soap cleansers, patting the skin gently to dry, applying an eczema-specific non-chemical moisturiser or ointment immediately after bathing, and avoiding extremes of weather and any personal triggers such as certain foods and food additives.

It is so important to make sure the skin is properly hydrated to keep this condition under control. Drink a lot of water every day: 1.5 litres for children and at least 2 litres for adults.

TIPS ON HOW TO CARE FOR AN ITCHY SKIN

Cleansing

Use soap-free products only. Soap dries your skin and stays on the skin for up to eight hours. Use a cleansing gel or dermatological bar. Don't use facecloths or sponges as they aggravate the skin sensitivity and can carry bacteria. Rather use your hands to wash the affected areas. Your hands are cleaner and more gentle.

Always rinse children with tap water immediately after swimming in a chlorinated pool or in the sea.



DALEEN TOTTEN
Twitter @DaleenTotten

She is editor, publisher and founding member of *Natural Medicine* and Dreamcatcher Publications. She has a passion for knowledge and strives to share the work of the brightest minds and biggest hearts in healing. For Daleen natural medicine is more than taking a pill for an ill philosophy. Natural medicine also encompasses nutrition, lifestyle, spiritual health, exercise, and emotional and mental well-being. She is the mother of three children.

Melaskin Remedy

A totally organic cream specifically formulated for the successful treatment of sun-damaged skin and certain viral and fungal conditions including:

- Solar keratosis
- Molluscum contagiosum
- Minor burns
- Sunburn
- Athlete's foot
- Fever blisters
- Mosquito bites

Made from natural oils and extracts of Kigelia, African Potato and Sutherlandia



Contains no chemicals or parabens and is safe to use on young children

Complete Organics

Available at most health shops and selected pharmacies nationwide

t: 031 573 1188 c: 083 262 9006
info@completeorganics.co.za

www.completeorganics.co.za



Herb AFRIQUE

This natural, anti-bacterial, anti-fungal, anti-viral wound-healing emergency balm should be in every mother's handbag!

- ✔ Sunburn/kitchen burns
- ✔ Stings, insect bites
- ✔ Warts (allow 3 weeks)
- ✔ Allergy rashes
- ✔ Acne
- ✔ Cracked heels
- ✔ Eczema
- ✔ Cold sores (herpes)
- ✔ Surgical wounds
- ✔ Staunches bleeding
- ✔ Prevents scarring (Zinc Lactate)

Nature's 911



*Contains Centella Asiatica (Gotu Kola), Bulbinella frutescens, Tea Tree oil and Zinc Lactate

Telephone: (011) 706 3450
sales@herbafrique.com

www.herbafrique.com

Skin dryness increases with heat, so try to stick to five-minute showers. Turn the water off while soaping the body. Remember that the less contact your skin has with chlorinated water (city water) the better it is for you. The temperature of water should be around 32°C. Avoid baths as they take the moisture out of the skin. If you do bath, add a liquid emollient (moisturizer) to the water. Don't stay in the bath too long because the chlorine in the water will irritate the skin.

Wash your hair with a mild dermatological shampoo. Do this at night if you suffer with pollen allergies so that the pollen gets washed out of the hair before going to bed. Never rub the skin while drying the body, rather dab or pat the skin dry.

Moisturise

Always wash your hands before applying moisturiser. Moisturising twice every day will soften and protect the skin. Winter skin needs a more oily cream than in summer because the air is dry.

Creams stop allergens from entering the skin. Too much cream makes the skin hot and will irritate the itch, so apply only a thin layer of cream. The skin absorbs more cream after a shower so be sure to moisturise after every shower. This way, you will also use less cream. Avoid rubbing cream onto the skin. Apply the cream gently, in circular motions. Warm the cream in your hands before applying it to the skin. Use a cream that contains copper and zinc for quick healing of open sores. It will also prevent bacterial infections. Do not apply moisturisers to open sores.

Massage

Massage the face, starting from the centre, moving slowly to the outside. Gently apply using a finger-tapping motion around the eyes. On the legs, use long up-and-down move-

For use by vvvaleha@gmail.com only. Distribution prohibited.

ments. Avoid fast, rubbing motions with pressure, as this will aggravate the skin irritation.

SCRATCHING – A VICIOUS CYCLE!

After inflammation and dry skin, the itching starts and quickly becomes uncontrollable scratching, leading to infection and more inflammation. And so the cycle continues. If any one of these can be taken out of the cycle, it will break the cycle.

Causes of itching include inflammation, dry skin, heat, perspiration, stress, scratching habit and boredom. Find a solution to boredom. Avoid saying things like, 'Stop scratching.' Rather say, 'Can I help you?' or 'Let me help you.' People often don't realise they are scratching, and telling them to stop scratching often makes them want to scratch even more.

Here are some tips to deal with those itchy areas:

1. Apply a tissue over the itchy area and spray ice water over it, and leave for a while. Afterwards take the tissue off and dry the area. Apply the correct moisturiser.
2. Spray the area with ice water, then fan it.
3. Gel packs are great for itches. First apply tissue paper and place the gel pack on top.
4. Massage the area with a smooth, small stone from a river. Keep it in the fridge to make it cold. Keep one in your pocket to play with to help combat boredom. The stone will keep your hands busy instead of scratching.



TRIXÉRA + SÉLECTIOSE, fragrance-free, paraben-free

Dedicated to very dry and eczema-prone skin in babies, children and adults. The skin barrier is strengthened, irritations and itching caused by dry skin are soothed. The skin is nourished and its comfort restored.

Ask your Dermatologist, **Clicks** Pharmacist or Nurse for more information.
Available exclusively at selected Clicks Pharmacies nationwide.

www.avene.co.za

Pierre Fabre
South Africa

- **Whole house filtration**
- **Under-counter water filters**
- **Countertop water filters**

Think Smart

Pure, safe, chemical-free water from every tap in your home

5 reasons for using a whole house filtration system:

- Helps reduce the risks of drinking and showering/bathing in chemically contaminated water.
- Can alleviate the effects of asthma and allergies by providing cleaner air in the house.
- Truly effective shower filter. It filters water at low temperatures to remove chlorine and other chemicals.
- Ensures protection from the carcinogenic effects of drinking and inhaling chlorine and other dangerous toxic chemicals.
- Protects against breakdowns in municipal water treatment and sanitation systems.



www.think-smart.co.za
0860 666 848
NATIONWIDE

5 Try rubbing a massage wheel over your itchy areas.

6 Instead of scratching, tap or apply pressure to the area and keep your nails short. A stress ball will help to keep the hands busy.

7 For children, take a teddy bear and stick velcro on its back. Teach your child to rather scratch the back of the teddy bear. Stick velcro in the lining of a pencil box for school, on the back of a cell phone or anywhere you like.

8 Relaxation techniques are important since a lot of scratching is from stress or habit. Read, practise deep breathing or listen to soft music at night to help relax the body and the mind.

9 Use cotton gloves when sleeping so if you have the urge to scratch while sleeping, the skin won't get damaged. For children, draw a pet or a face on the gloves so that the child feels like he/she is looking after a pet.

10 Avoid using too many blankets as heat will aggravate the skin irritation, so keep cool while sleeping.

Reference

1. Wickens K, et al. A differential effect of 2 probiotics in the prevention of eczema and atopy: A double-blind, randomized, placebo-controlled trial. *J Allergy Clin Immunol* 2008;122:788-794.

Probiotic supplements have shown some promising results in pregnant mothers of at-risk infants. Those who took a mixture of probiotics, beginning two to four weeks before delivery and continuing while breast-feeding, saw significantly less eczema than would be expected in their infants.[1] Friendly probiotic bacteria seem to crowd out harmful bacteria that produce inflammation and toxins, making the gut more permeable to harmful allergens. It is still too early to conclude that probiotics can prevent and treat eczema, but the science is promising. No harm in trying! ●

For use by vvvaleha@gmail.com only. Distribution prohibited.

Ever read something that made you healthy?



'Like' us on Facebook or Twitter and stand a chance to WIN a year's subscription!

Natural Medicine Magazine

@Natmedmagazine

THE SOUTH AFRICAN JOURNAL OF
NATURAL MEDICINE
YOUR GUIDE TO HEALTHY LIVING



facebook Search for people, places and things

Natural Medicine Magazine | Timeline | Now

Natural Medicine Magazine

Symptoms of low blood sugar include poor concentration, irritability, nervousness, depression, sweating, headaches and digestive problems. But most of all you feel tired and hungry. If you refuel with fast-energy-releasing high-GL carbohydrates, you then cause your blood sugar to rise rapidly.

Like · Comment · Share @DaleenTotten on Twitter

Natural Medicine Magazine

A compound, cannabidiol, found in marijuana has shown promising results in a preliminary study, during which it sharply reduced the number of seizures suffered by children.

Like · Comment · Share @DaleenTotten on Twitter

Natural Medicine Magazine

Ginger root is an excellent spice for winter ailments. It is freely available from green grocers year-round. Try a cup of ginger, peppermint and lemon tea - known to cure a multitude of ills!

Like · Comment · Share @DaleenTotten on Twitter

Natural Medicine Magazine

Addiction in teenagers
'The wisest thing that parents can do is to identify what is truly most valuable and meaningful to that teenager, and assist them in fulfilling it in a socially constructive way.' - Dr John Demartini

Like · Comment · Share @DaleenTotten on Twitter

Be health curious

www.naturalmedicine.co.za

SUBSCRIBE & WIN

ERINVALE ESTATE
HOTEL & SPA





Erinvale Estate Hotel & Spa

Subscribe and stand a chance to win a two-night stay for two adults in a Deluxe room including daily breakfast, a 2-course dinner in either Seventeen07 Restaurant or Skelligs Pub and a couples 45min back, neck and shoulder massage at the Erinvale Estate Spa.

Embraced by history and surrounded by the majestic Hottentots Holland Mountains the Erinvale Estate Hotel & Spa provides distinctive & captivating hospitality. With luxurious accommodation, elegant dining, spa and massage facilities, right alongside a magnificent golf course flanked by ancient trees, it's a place to enjoy life simply and beautifully. You cannot buy heritage. But you can spend a few nights in its warm embrace.

Tel: 021 847 1160 | hotel@erinvale.co.za | www.erinvale.co.za

THE Devon Valley HOTEL





The Devon Valley Hotel

Subscribe and stand a chance to win a two-night stay for two adults in a Vineyard Luxury Room including daily breakfast, a 4-course Whisky and Food Pairing Gourmet Dinner in Flavours Restaurant and a 2-course lunch at Le Venue Restaurant at the House of J.C. le Roux.

The Devon Valley Hotel is tucked away in a lush-green corner of the Stellenbosch Winelands, showcasing breathtaking views of the vineyards, olive groves and distant Helderberg Mountains. Enjoy contemporary Cape cuisine, a definitive collection of single malt whiskies and award winning wines at Flavours Restaurant. Visitors can experience the finest of Hospitality in the Cape Winelands.

Tel: 021 865 2012 | info@devonvalleyhotel.com | www.devonvalleyhotel.com

For use by vvvaleha@gmail.com only. Distribution prohibited.



SUBSCRIBE NOW

The Erinvale Estate and Devon Valley Hotel competition is valid until 25 August 2015 and is open to all in RSA who subscribe to our printed or digital magazine, give a gift subscription, or renew within the competition period.

TO SUBSCRIBE, RENEW OR GIVE A GIFT SUBSCRIPTION:

1. **Visit www.naturalmedicine.co.za**
2. **Click on 'Subscribe' and scroll down to 'Subscribe Now'**
 (you'll be directed to the MySubs page)
3. **Register and follow instructions to subscribe!**

RATES

Printed subscription (SA only)

6 months	R204.00
12 months	R285.60 (Save R122.40!)

Digital subscription

Single copy	R20.00
6 months	R120.00
12 months	R180.00 (Save R60.00)

Printed subscriptions (International)

12 months	R610.00 (Namibia & Botswana)
12 months	R1 300.00 (International countries + Swaziland)

ENQUIRIES

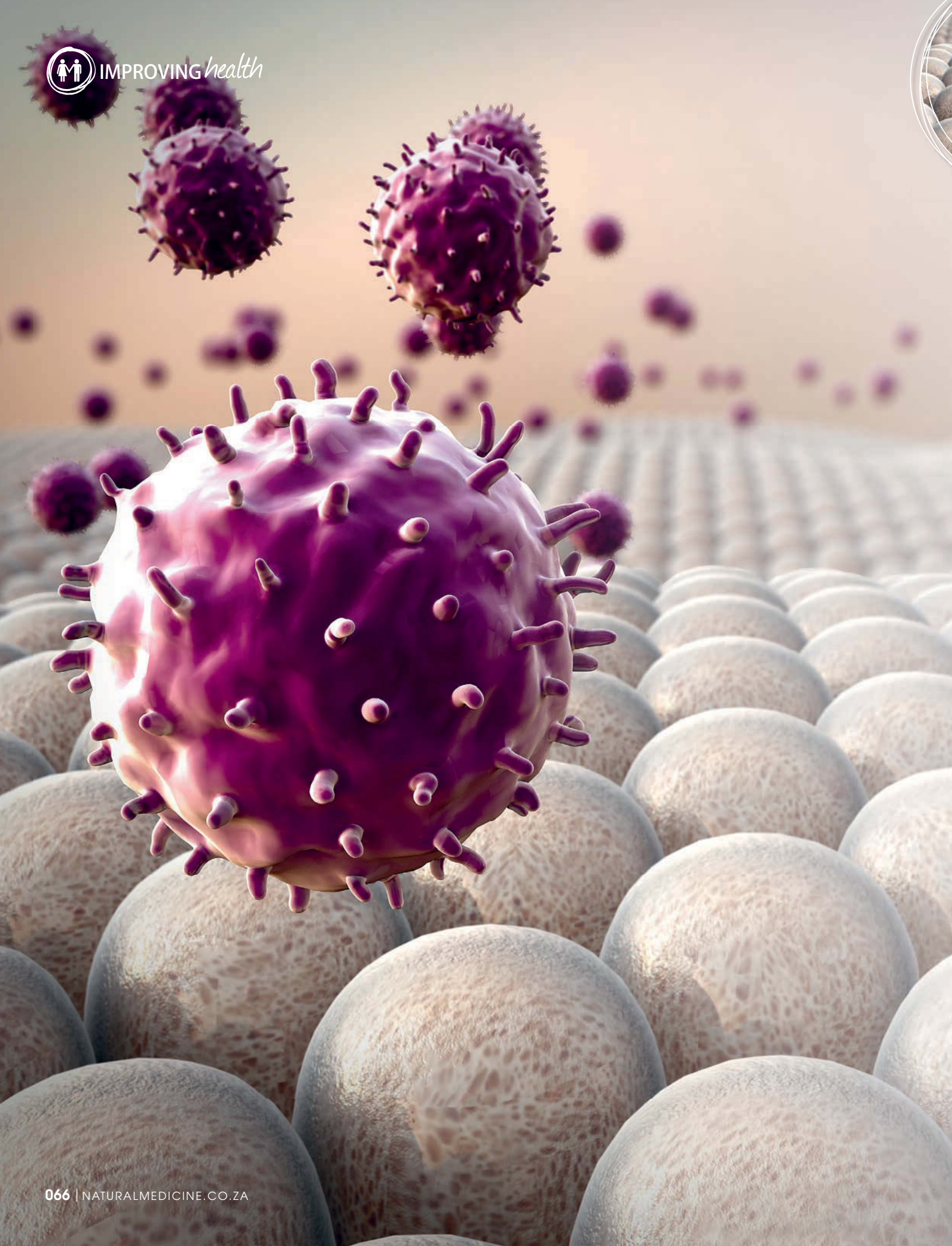
For subscription enquiries

Tel: 021 880 1444 (ask for Maylene)

TERMS AND CONDITIONS

See Terms and Conditions pertaining to subscriptions, promotions and competitions on our website: www.naturalmedicine.co.za

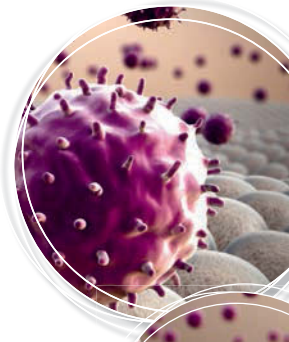
Please note that we are still experiencing some postal delays. A solution has been found, but will take a short while to implement due to the high demand for this change. Thank you for your patience and understanding in this regard.



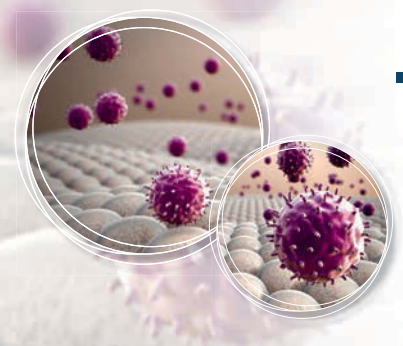
For use by vvvaleha@gmail.com only. Distribution prohibited.

ANTIBIOTIC Resistance – how can we intervene?









Less than 75 years ago, in 1943, the first patient was treated with an antibiotic. Since then, intense research has resulted in many different classes of anti-microbial drugs. However, their abuse and overuse have led to the current situation where resistance of bacteria to antibiotics is not only a daily feature in our hospitals, but has even made the agenda of the recent G7 summit.

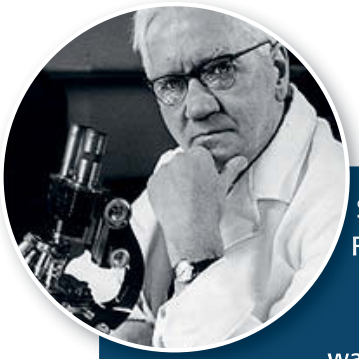


DR MARCO KNAPPE qualified as a medical doctor in 1989. As intern and medical officer he worked at several hospitals in different provinces of South Africa. He specialised as an otolaryngologist at Tygerberg Hospital, University of Stellenbosch between 1995 and 1999. Since 2000 he has been in private practice in Cape Town at N1City Hospital and Cape Gate Mediclinic.

Although this is a world-wide phenomenon and calls have been made for global intervention, legislation and the implementation thereof will be at best flawed and circumvented and at worst, completely ineffective, or too late. If politicians are unable to tackle this problem which affects everybody on this planet, how can we, as individuals, intervene?

CAUSES FOR ANTIBIOTIC RESISTANCE

New antibiotics are being developed to combat super bugs, but it takes ten years to derive a new drug – bacteria can birth a



Sir Alexander Fleming, who discovered penicillin, warned the public in 1945 against antibiotic overuse and said 'the thoughtless person playing with penicillin treatment is morally responsible for the death of the man who succumbs to infection with the penicillin-resistant organism.' He added, 'I hope this evil can be averted'.

new generation every 20 minutes. Whenever we use an antibiotic we give the bacteria billions of chances to develop immunity.

There are roughly three main causes for antibiotic resistance:

1 Ill-advised choice of antibiotic, length of course, or dosage, particularly in hospitals and more specifically, in ICU settings, can result in the emergence of 'super bugs' that no longer respond to commercially available antibiotics. It is estimated by the British government that, right now, 700 000 people internationally die of drug resistant infection.

2 Injudicious use of antibiotics in patients with conditions that do not warrant the use of an antibiotic (i.e. viral infection, flu) will lead to resistant strains of bacteria surviving. These bacteria can be passed on to others.

3 Large amounts of antibiotics are used in animal husbandry. 80% of antibiotics produced are used by agriculture as a preventative measure against the potential for infection due to the crowded and unsanitary conditions farm animals are kept in. Evolving resistance is transmitted to humans via animal products (meat, milk, eggs, etc.) or via the environment (animal waste, water pollution, direct contact).



Ever read something that made you healthy?



Be health curious
www.naturalmedicine.co.za

For use by vvvaleha@gmail.com only. Distribution prohibited.

The 'man in the street' whose knowledge about bacteria, antibiotic classes, side effects, etc. is limited, as is his ability to correctly interpret test results, is reliant on medical professionals to properly adminster treatment and is unable to make any impact on the first point. Treating doctors, in conjunction with microbiologists, are called upon to optimise the therapy with the aim of best treatment outcome for the patient and the least chance of resistance (and hence risk for the whole community) resulting from this. Propositions to implement 'antibiotic prescribing licences' for doctors have been made.

The second and third points however, allow any of us to make conscious decisions, or have a substantial say in the decisions being made for us by healthcare professionals and food producers.

ANTIBIOTIC ABUSE

Common colds are the most common reason antibiotics are being prescribed. This is despite the fact that they are viral diseases and antibiotics do not work against viruses. Between 90 and 95% of acute colds, sinus and bronchial infections are caused by viruses and therefore do not warrant antibiotics. The motives for which they are still being prescribed

DEFINITION

There are three types of solutions that can occur in your body based on solute concentration: isotonic, hypotonic, and hypertonic. A hypertonic solution is one where the concentration of solutes is greater than in our body fluids.

Oscillococcinum

Tough to pronounce;
even tougher on flu symptoms!



Oscillococcinum® benefits

Oscillococcinum® is not habit-forming, has no interaction with any other drugs you may be taking and is both stimulant- and sedative-free. It can be safely used by adults, children and the elderly.

Oscillococcinum® is convenient

Oscillococcinum® is available in unit-dose tubes of tiny pleasant-tasting pellets that melt in the mouth and can be easily stashed in the smallest of pockets. Since no water is needed, you can effortlessly administer whenever or wherever you choose.

Consult your doctor if symptoms persist!

Oscillococcinum® is available at leading pharmacies & health shops countrywide. For more information, please visit www.lebron.co.za or e-mail marketing@lebron.co.za.

Oscillococcinum Flu Granules, Box of 6 unit doses of pellets. Anas Barbariae Hepatis et Cordis Extr. 200K, Applicant: V.J. Bartlett U 2151 (Act 101/1965).

Distributed by: *LeBron Health (Pty) Ltd, 1st Floor Convention Towers, Cnr. Heerengracht & Walter Sisulu Streets, Cape Town, 8001, Tel: (021) 403 6390, E-mail: marketing@lebron.co.za, Website: www.lebron.co.za.*

Distributed by LEBRON HEALTH

www.facebook.com/LeBronHealth

www.lebron.co.za

design • www.tulipgraphics.co.za

are: patient insistance, physicians having insuffiencient time to explain why it is better not to use one, the inability of the doctor to distinguish between viral and bacterial infection and doctors over-caution for medical or legal reasons. Almost 50% of people still believe that an antibiotic helps treat a cold, some even believe that it will improve the pain of a sore throat or toothache.

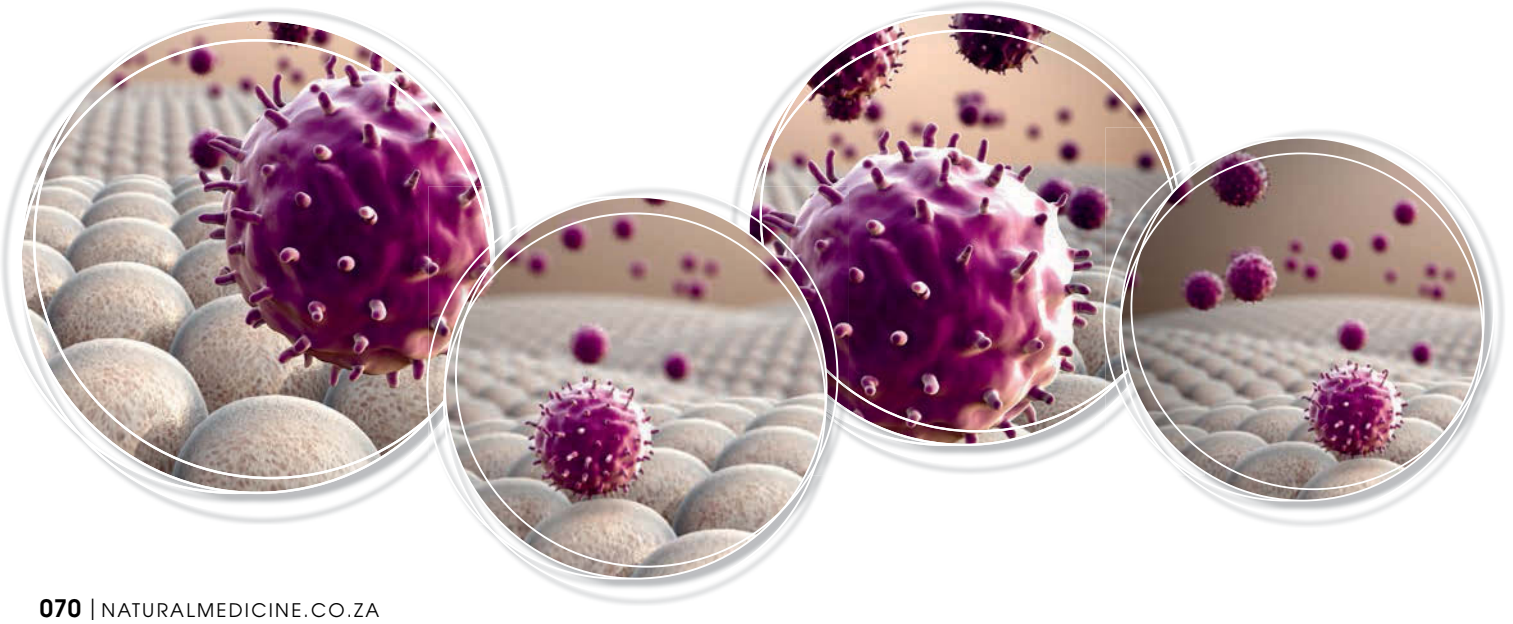
> "It is your right and your responsibility as a patient, or parent, to be part of the decision making"

IMMUNE SYSTEM - BEST 'DRUG' AGAINST VIRUSES

In reality, the only way for our bodies to combat viral infections, is our own immune system and its ability to recognise, analyse and eliminate the offending organism. There is no drug that can kill the viruses that cause common ailments such as colds, flu, sore throats and bronchitis.

Correct treatment, is therefore ideally directed at supporting our immune system; it must certainly try to avoid interventions that have a negative effect on our body's defence mechanisms. In today's world, it is your right and your responsibility as a patient, or parent, to be part of the decision making and therapeutic choice.

Antibiotics, when used correctly, kill bacteria that threaten our health. In the process they also kill the 'good' bacteria in our body. Remember, that for every cell in our body, we carry ten bacteria on or within us. Until recently, we believed that they were just passengers in a more or less symbiotic relationship. We know now, that they play a far greater role and communicate with our body's cells, affect brain function, immune



For use by vvvaleha@gmail.com only. Distribution prohibited.



Nasal spray and nebuliser for children

Use Kuraflo® as the first line of treatment for colds, flu, allergies, bronchial and chest problems. Most respiratory ailments will improve within three to four days of use. Kuraflo® is 100% natural and contains no preservatives. It can be used simultaneously with any prescribed medications.



Kuraflo® Hypertonic Nebulising Saline treats the nose, sinuses, throat and lungs. Wet membranes help clear infections – dry membranes are more susceptible to invasion by viruses or bacteria. Kuraflo® reduces the need for antibiotics and supports the body's efforts at clearing the problem.

Kuraflo® Paediatric Nasal Spray focuses more intensely on the upper airways. To avoid crèche syndrome, spray daily, after and during school. Use Kuraflo® as an intervention for colds and flu and other airborne diseases . Regular use can help prevent diseases of the airways.



KuraFlo®

Available at Dis-Chem PHARMACIES *Pharmacists who care*

"My two-year old son contracted the RS virus. After nebulising with Kuraflo only once, the wheezing stopped!"

– Riëtte via facebook.com/kuraflo

* Products not to scale

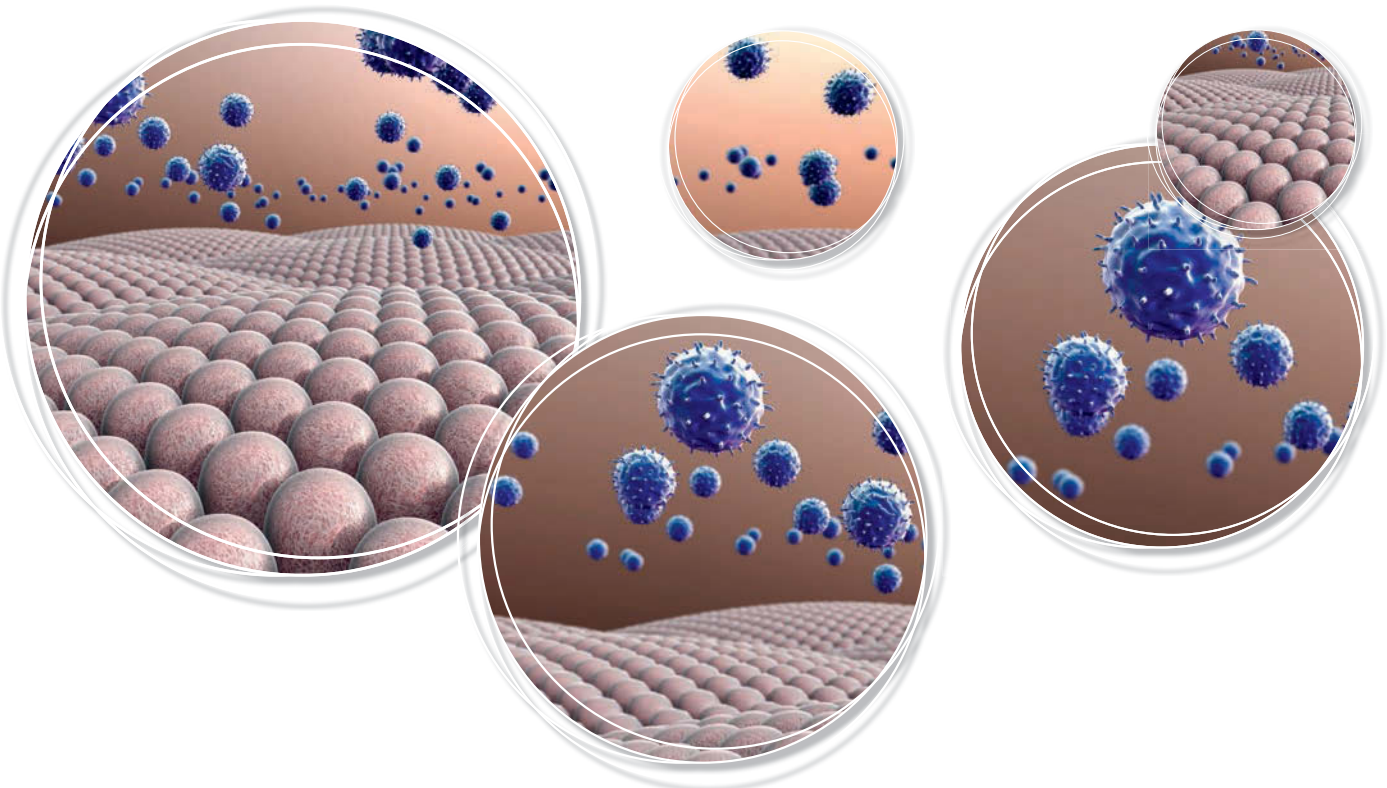
processes and basically all other organs and systems in our bodies. When used without the benefit of killing offending bugs, antibiotics will only display their negative effects with the possibility of serious long-term implications.

KEEP MEMBRANES MOIST AND CLEAN

Classic cold and flu medications contain antihistamines, pseudoephedrine or even cortisone and are aimed at drying up secretions. None of these should be used in acute upper or lower respiratory infections. The 'drying up' of secretions usually results in thickened mucus which the body cannot transport out of sinuses or bronchi. Thick, gooey secretions are wet, warm, nutrient-rich breeding grounds for bacteria, which often leads to secondary infections necessitating the need for an antibiotic.

Ideal support of the body's innate immune system in the upper and lower airways is the maintenance or re-establishment of moist, clean membranes. This is one of the easiest and most natural ways of improving the clearance of offending organisms in nose, sinuses, throat and bronchi. Hypertonic saline is classically used as a spray or rinse for nose and sinuses and in nebulised form, for bronchi and lungs. It reduces swelling, moistens the membranes and triggers the production of clear mucus to further clean the membranes. It is also effective as a prophylactic treatment in patients at high risk for airway infections (i.e. crèche children, healthcare workers, air travellers, people exposed to air conditioners, etc.).

Improved knowledge about simple medical conditions and their correct treatment allows people to take charge of their own or their family's health. It will save time and expense and is an important first step in the global fight against antibiotic resistance. ●



For use by vvvaleha@gmail.com only. Distribution prohibited.





Energy
Vitality
Immunity









MARCUS ROHRER SPIRULINA®

Great for the whole family



Marcus Rohrer Spirulina® helps to:

- Provide more energy
- Boost vitality
- Boost resistance
- Promote a healthy immune system
- Improve sport performance and increase stamina
- Provide optimum nutritional support during menopause, stress, tension, slimming and before and after pregnancy
- Promote the body's natural cleansing processes and provide a supplementary source of nutrients, vitamins, minerals, amino acids and biophotons.



When used with a good diet, including targeted nutrients and exercise, Marcus Rohrer Spirulina® helps promote overall good health and well-being.

Certified by:

Endorsed/Researched by:

Marcus Rohrer Spirulina®: Pure nutrition from nature, for life.

OTC-PHARMA INTERNATIONAL

A product of OTC Pharma International B.V.
Proudly produced in the EU

Distributed by Ascendis Health
Tel 011 036 9423

www.marcusrohrerspirulina.com

Availability: Marcus Rohrer Spirulina® is available at leading pharmacies.

Each tablet contains 300mg Spirulina pacifica (Spirulina platensis algae, spray dried powder)

D32.16 Health Supplement

For more information, refer to package insert



For use by vvvaleha@gmail.com only. Distribution prohibited.



THE UNIVERSE WITHIN US IS UNDER THREAT

– A LOOK AT THE GUT MICROBIOME AND OUR HEALTH

Inside each one of us is a massive 'organism' that is rarely spoken about in day-to-day conversation.

Similar to a swarm of bees, where different bees have a specific job and are ineffective on their own, and where the swarm is the organism, the microbiome in the gut is a giant organism – the universe inside us. This microbiome has ancient roots and is part of the wonder of our evolution. We are in fact a combination of human and microbial cells having evolved together since humans started their time on Earth.

Over the past 50 years or so we have seen dramatic increases in many diseases, notably autoimmune diseases, allergies, behaviour and learning problems, obesity, diabetes and cardiovascular disease. Much of the decline in human health can be attributed to changes in the microbiome, which has served humans well for as long as we have existed, but is now under great threat for a variety of reasons.

THE FUNCTION OF THE MICROBIOME

Up to 90% of one's stool consists of micro-organisms.

Diversity of the microbiome is important, similar to biodiversity in nature. The microbiota work together and depend upon one another to maintain a healthy system. If one or more are removed from the system, it has a domino effect on the others as a link is missing in communication and cooperation.

The microbiome helps develop the gastrointestinal system after birth. The mucosal layer of the gut is densely inhabited by microbiota, which serve to protect and thicken the lining of the gut and help to make it impermeable (preventing 'leaky gut').

Gut microbiota can cause or prevent disease, depending on diet, medication and other influences. Microbiota thrive on certain foods, and a poor diet can negatively affect them, making them less diverse and predisposing their human host to disease. The microbiome of the average westernised child is not as diverse as that of the average non-westernised child.



DR CONNIE MEYER
cmeyer1@telkomsa.net
www.herbrealm.blogspot.com

Dr Meyer is a registered phytotherapist, qualified from the College of Phytotherapy in the UK and has been in private practice for 20 years. She lectured at the University of the Western Cape for several years and served on the Allied Health Professions' Council. In her spare time she is an enthusiastic organic gardener and grows herbs, vegetables and fruit, bakes all her own bread and enjoys a healthy and eco-sensitive lifestyle.

The microbiome is important for the homeostasis of other tissues, even bone. Fibre is a vitally important food for the microbiota. The microbiota detoxify many environmental toxins and digest many foods that human enzymes cannot digest. A healthy microbiome promotes gastrointestinal tract mobility, keeps pathogens in check and plays an important role in creating a strong immune system.

> “We are only as healthy as our microbiome”

The microbiome has an important role to play in many metabolic processes in the body and can protect against allergies, obesity and mental disorders such as depression and anxiety. A diverse and healthy microbiome may increase the bioavailability of phytonutrients in the diet. The microbiota also synthesise various vitamins for us.

IT STARTS AT BIRTH

It is the birth process that inoculates the gut of the newborn, although some experts say that the foetus and the placenta have some microbial life. A normal vaginal birth ensures the newborn's exposure to a wide variety of bacteria that seed the gut and start the process of establishing the microbiome. Babies born via caesarean section don't have this benefit and only have exposure to bacteria via the skin, subsequently taking longer to develop their immune system.

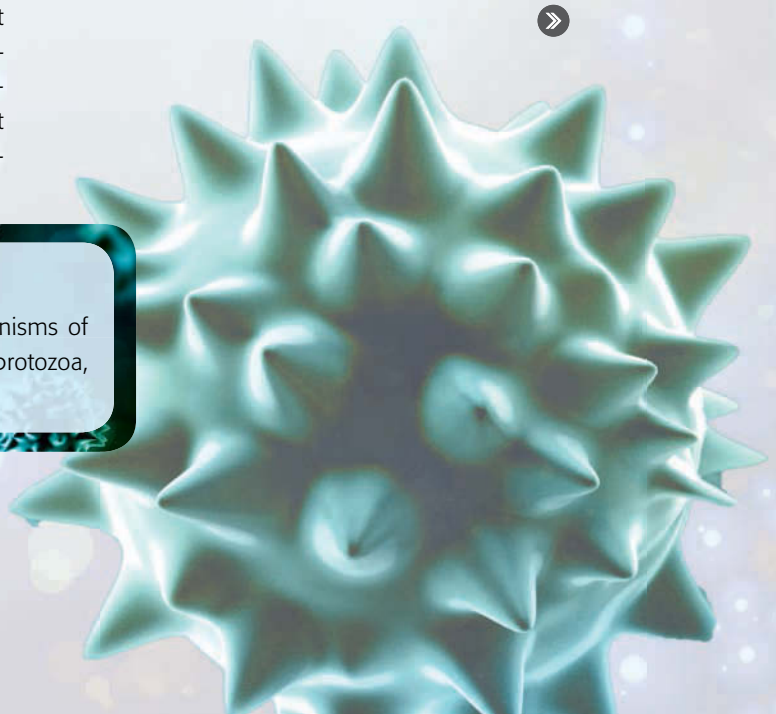
Generations of changes to the gut microbiome are transmitted from mother to infant, (generation after generation) resulting in gradual genetic changes and poor colonisation of the gut microbiome caused by:

- an increase in the number of caesarean sections
- a reduction in breastfeeding
- the sterilisation of baby utensils and the overuse of antibacterials
- changes in diet
- antibiotics in farmed animals
- medication, especially antibiotics.

Although the gut microbiome is similar in most people, it is also specific to each person in that it develops according to the family

WHAT'S IN A NAME?

Microbiota: the microscopic living organisms of the gut which include bacteria, fungi, protozoa, helminths, viruses and yeast cells.



For use by vvvaleha@gmail.com only. Distribution prohibited

QuatroFlora

KEEPS THE COLON HEALTHY



PROBIOTICS ARE NOT ALL THE SAME

One of the greatest challenges for human wellbeing in the 21st century is maintaining a healthy colon and therefore a good immune system – this is where probiotics can play a significant role.
Probiotics are critical for normal digestion and for defense against infection.

Bacteria in the gut are known to:

- Stimulate the immune system
- Enhance the mucosal barrier
- Aid digestion and break down toxins
- Inhibit adherence of pathogens

The most frequently used bacteria are Lactobacillus, which grow in the small intestine and colon, and Bifidobacterium, which can only grow in the colon. Research on specific strains cannot be applied to all products marketed as a probiotic.

A good probiotic can be beneficial in the following ailments:

- Diarrhoea or constipation
- Bad breath, gas & bloating
- Allergies, rhinitis, lactose intolerance
- Antibiotic-associated diarrhoea
- Gastroenteritis and playschool diseases in young children



QuatroFlora™ capsules contain the following strains of probiotic bacteria for improving gastro-intestinal health and well-being:
Bifidobacterium, BB-12®, Lactobacillus acidophilus, LA-5®, Lactobacillus bulgaricus, LBY-27, Streptococcus thermophilus, STY-31

PROBIOTIC CAPSULES
QUATROFLORA™

Beta Pharmaceutical 041 378 1189

www.betapharm.co.za

This product is not intended to diagnose, cure or prevent any disease.
Clinical documentation available on request.
This product has not been evaluated by the MCC.

history of that person and various inputs that can affect it. One's microbiome is a bit like a fingerprint or 'pooprint'.

People from other cultures, who have not had access to the western diet, have a far richer diversity of micro-organisms in their gut than people who are eating a typical western diet. They also have micro-organisms that are specific to their diet, such as the Japanese who have micro-organisms thought to originate from the seaweed they consume.

In a healthy and balanced microbiome, the microbiota live in perfect harmony with the human host and with each other. The relationship is symbiotic in every way. The different species depend on and interact with one another. The loss of one species can have a cascade effect on the others and disrupt important processes, while leaving the system vulnerable to damage from adverse events.

Adverse events can include inflammatory western diets (high in sugar, refined carbohydrates, fats and proteins), chronic stress, over sanitation (using mouthwash and antibacterial soap), change of pH (the use of antacids, changing to a low carbohydrate diet), infections and prescription drugs (especially antibiotics).

WHAT TO DO?

We need to pay more attention to the health of our microbiome. Our microbiome eats what we eat, and the waste products (metabolites) can enter our blood stream. A junk food diet not only creates nutrient deficiencies, but also causes metabolite 'junk' to cross the blood-brain barrier and enter the brain, which can result in depression, anxiety and behavioural changes.

The quality of the stool and degree of flatulence are good indicators of microbiome health. The stool consistency should be well-formed with minimal odour and minimal 'winds'. A persistent vile smell indicates an imbalance in the microbiome and may be an early warning of developing disease.

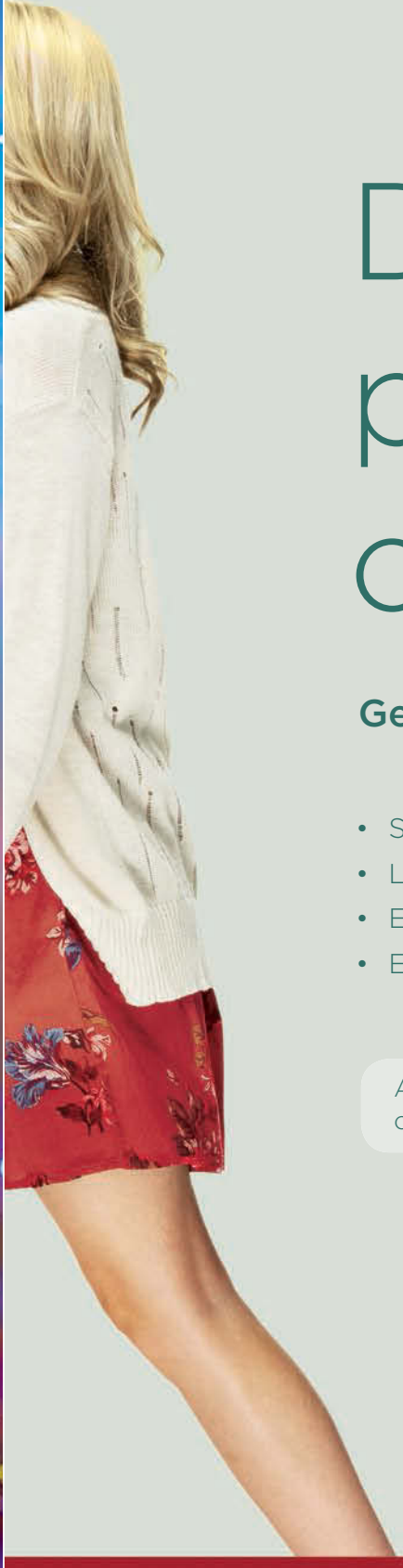
The microbes in our gut love vegetables, wholegrains and fruits – especially apples and other fruits rich in pectin such as quince, citrus fruits, pears, and apricots. Organically grown foods have a greater nutrient density than commercially grown foods and provide the microbiome and us with a greater diversity of phytonutrients.

Herbal medicine can contribute to a healthy microbiome by providing many phytonutrients and phytochemicals that create a favourable environment.

Herbs rich in tannins (such as Hawthorn, raspberry leaf, Lady's mantle), mucilaginous herbs (such as Marshmallow root, Iceland moss, linseed), and bitter herbs (such as Artichoke leaf, dandelion leaf and Artemisia species),

> "The quality of the stool and degree of flatulence are good indicators of microbiome health"

For use by vvvaleha@gmail.com only. Distribution prohibited.



Don't be the poster girl for chronic thrush

Get long-term relief[1] with Kolorex® Advanced Care

- Scientifically proven efficacy[1]
- Longer lasting relief from chronic candida[1]
- Effective relief from thrush for at least six months[1]*
- Easy softgel capsule[2] with no aftertaste[3]

Available in leading pharmacies and health shops over the counter without prescription



Glenmark
A new way for a new world

Live life carefree

* Individual results may vary **1.** Kumari A, Bishier MP, Naito Y, et al. Protective effect of an oral natural phytonutrient in recurrent vulvovaginal candidiasis: a 12-month study. J Biol Regul Homeost Agents 2011;25(4):545-53. **2.** Kolorex® Advanced Care package insert. **3.** Damayanthi RD, Narayanan N et al. Soft Gelatin Capsules – A review. The Pharma Review (February – March, 2008)4. Marketed and distributed by: Glenmark Pharmaceuticals SA (Pty) Ltd, Vorna Valley, Midrand. www.glenmarkpharma.co.za. KOL0023

are the most important for microbiome integrity, prebiotic support and pH balance. A phytotherapist will be able to help restore a damaged microbiome by using the appropriate herbs required for the case at hand.

It has been shown that people who have a diverse and healthy microbiome have fewer allergies, less chronic disease and better cognitive function. Babies with a healthy microbiome have fewer neonatal infections and also seem to tolerate vaccinations better.

HOW TO KEEP YOUR GUT HEALTHY

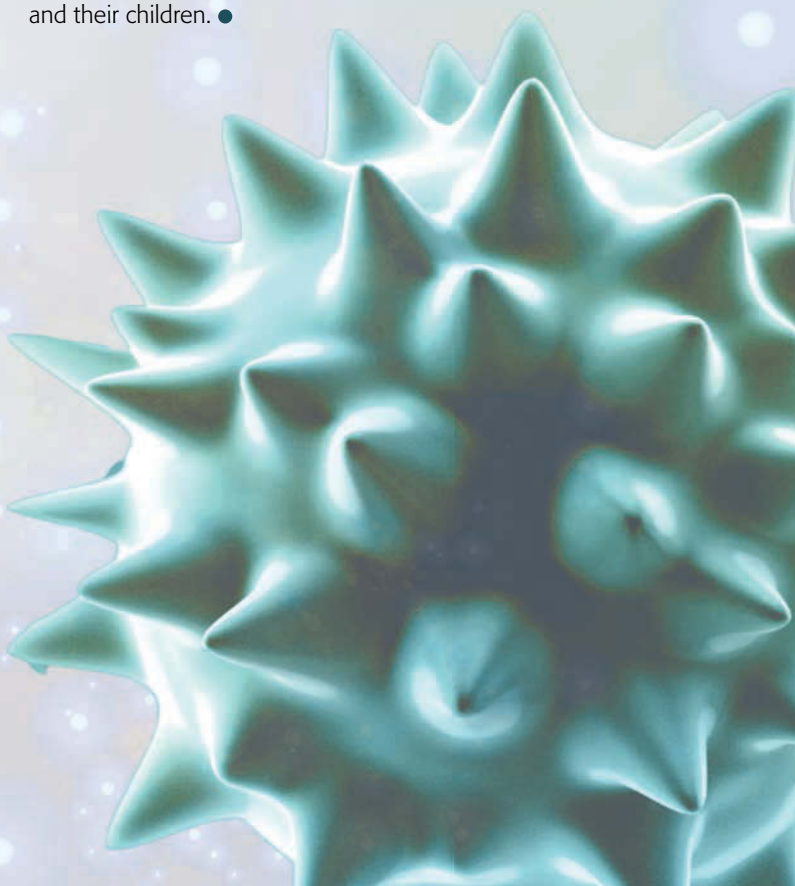
- Eat a diet rich in vegetables, legumes, grains and fruits – preferably organically grown.
- Avoid antibiotics and check that the meats you eat are not reared using antibiotics (this includes farmed fish and seafoods). Antibiotics not only cause loss of gut microbial diversity but also genetic changes. The effects of one course of antibiotics can be felt for up to two years.
- Herbal medicine provides good alternatives to many pharmaceuticals and can treat many infections effectively without disrupting the microbiome.
- Avoid sanitising your home and your body. Simple hygiene with soap and water is enough.
- Avoid routine deworming. We have natural immunity against worms and helminths are part of the microbiome.
- Eat more fermented foods like miso, sauerkraut, naturally fermented cider vinegar and kefir.
- Include plenty of foods with prebiotics in your diet: apples, onions, garlic, Jerusalem artichokes, sweet potato, oats, barley, bananas and all fibrous vegetables. Berries and red wine, with their high polyphenol content, also have beneficial effects on gut microbiota.
- Avoid processed, refined foods and food with chemical additives.
- Watch out for people who diagnose 'parasites' and candida overgrowth without clinical confirmation. Often the harsh treatment can be bad for your microbiota.

CONCLUSION

Scientists are discovering more and more about the microbiome every day.

Speakers at the first International Conference of the Microbiome in Autism were unanimous that children with autism had reduced gut microbial diversity, in some cases remarkably different from the guts of healthy children. From only one child in 2 500 having autism in 1985, the figure has risen to one in 68 in 2015. This coincides with the massive shift observed since the 1950s in the way our food is grown and the way we medicate ourselves.

It's time to stop and think about what we are doing, as modern medicine and modern diets are affecting the future health of our children and their children. ●



Further reading

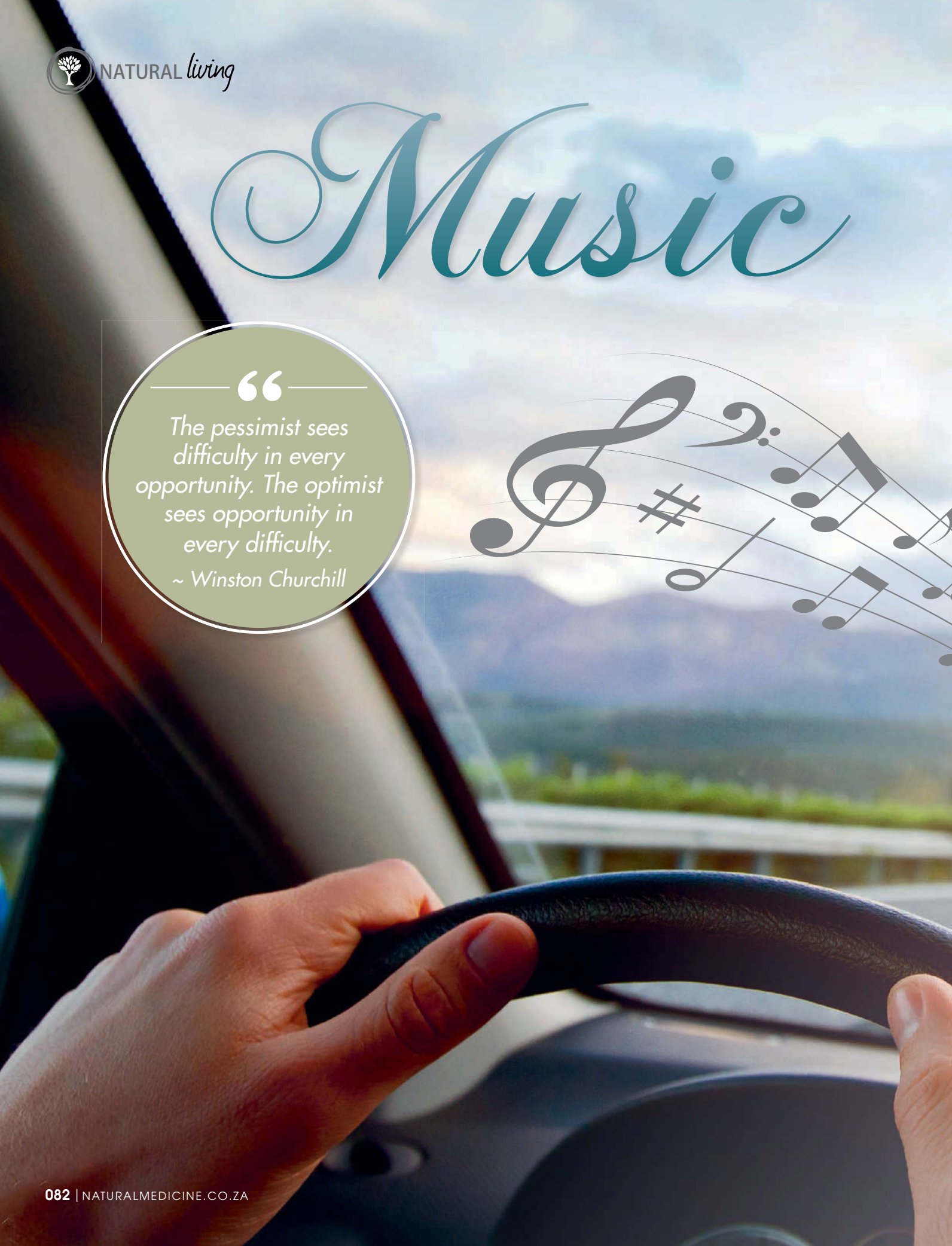
1. Sommer F, Bäckhed F. The gut microbiota – masters of host development and physiology. *Nat Rev Microbiol* 2013;11(4):227-238.
2. Microbiome in ASD conference. www.microbiome-autism.com (accessed 2015).
3. David LA, Maurice CF, Carmody RN, et al. Diet rapidly and reproducibly alters the human gut microbiome. *Nature* 2014;505(7484):559-563.
4. Queipo-Ortuño MI, Boto-Ordóñez M, Murri M, et al. Influence of red wine polyphenols and ethanol on the gut microbiota ecology and biochemical biomarkers. A*m J Clin Nutr* 2013;95(6):1323-1334.
5. Blaser MJ. *Missing Microbes: How the Overuse of Antibiotics Is Fueling Our Modern Plagues*. New York: Henry Holt; 2014.

For use by vvvaleha@gmail.com only. Distribution prohibited.

NATURAL *living*



Music



> *The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.*
>
> *~ Winston Churchill*

For use by vvvaleha@gmail.com only. Distribution prohibited.

& Driving

Does driving stress you out? Set the tone of your drive with your music playlist.



DR FRANCES LE ROUX,
BSC, MSC, PHD.
adagio.frances@absamail.co.za
www.fhleroux.co.za

She is a registered physiotherapist in Fish Hoek, Cape Town, South Africa. She has a special interest in music/medicine based on her research regarding music and pain, immune systems and spiritual well-being. She is a member of the International Music in Medicine Association and on the International Editorial Board of *Music and Medicine Interdisciplinary Journal*. Her books *Music is Healing* and recently published *Music and Babies* are available from: adagio.frances@absamail.co.za

Driving can be stressful, especially in heavy traffic, unpredictable weather and with unkind driving habits of other motorists. At the same time, driving requires clear thinking and concentration. Listening to music can improve your driving experience by raising your ability to concentrate and giving your mind something pleasant to focus on.

EMOTIONS, MUSIC AND DRIVING

Neuro-imaging studies confirm that music stimuli can process strong emotions. We all know that we recognise emotions of happiness or sadness when listening to a particular piece of music.

Emotions of anger and negativity in response to sound pollution are common experiences when driving. When a truck screams past or a fellow motorist is pumping death metal at full volume, you may find your grip on the steering wheel tighten. Now would be a good time to turn on the baroque music.

According to Teresa Lesiuk, assistant professor in the music therapy program at the University of Miami, listening to baroque-style music 'breaks you out of just

thinking one way.'[1] In the context of driving, it can help you shift your focus away from the source of the noise pollution and stress, not to mention giving you something more pleasant to listen to instead.

The key component of music that makes it beneficial is order. Baroque music is ordered, melodic and contains few surprises. It is between 50 and 80 beats per minute and it promotes an atmosphere of focus and deep concentration.

> ‘When you listen to your favourite music, it will facilitate distraction from stressful stimuli’

IMPROVE CONCENTRATION

Music engages the areas of the brain involved with paying attention, making predictions and updating the event in memory. It was observed that when music of the late baroque period was played, the participant's brain responded with heightened attention. Composers of the baroque period, namely Vivaldi, Bach, Beethoven, Teleman and Handel are good choices.[2] It is often the string instruments that will appeal most to the mind and give it focus.

Baroque music will relax the mind and facilitate calmness in the face of chaos.

Baroque music stabilises mental, physical and emotional rhythms, has an energetic movement and steady pulsation that keeps you from getting tired. It is dependable and predictable and makes you feel secured and ordered.

Listening to music while driving improves attention, provides stimulation and can combat drowsiness. A Russian study[3] found that



For use by vvvaleha@gmail.com only. Distribution prohibited.

listening to music for even one hour per day changes brain reorganisation. This research suggests that music does not just influence brain activity but improves coherence.

STRESS, MUSIC AND DRIVING

Our attention capacity is a limited cognitive resource. As the number of demands for our attention increases, the amount of resources available decreases. Music will act as a distracter in that it assumes a portion of cognitive resources that might otherwise be directed towards the stressful situation of driving.

During periods of high congestion, under conditions of increased attential demand, listening to music may relax and distract you from highly undesirable circumstances. Wiesenthal *et al.*[4] examined the efficacy of music in dealing with daily driving in highly congested traffic areas. They found that self-selected music provided a heightened sense of perceived control in the presence of an uncontrollable stress agent. This means that when you listen to your favourite music, it will facilitate distraction from stressful stimuli.

A study of crash risk, based on highways in America, found that drivers with music playing were at a lower risk of being involved in an accident.[5] A study of novice drivers conducted by researchers at Ben-Gurion University of the Neyev, Israel, found that the type of music the driver listens to, as well as the volume at which it is played, has a significant impact on the drivers' ability to safely navigate. The study showed that fast-paced music caused subjects to demonstrate significantly more 'at-risk' behaviour. Fast-paced background music caused the highest number of collisions. This indicates that very fast tempo background music can have a negative influence on the behaviour of the driver in comparison with listening to different music at a lower volume.

CONCLUSION

The type of music you listen to while driving can make a difference not only to your driving experience and attention span, but also to the rest of your day. Music is therefore crucially implicated in mood maintenance and we can think of our music selection in the car as a form of psychological self-help. It is becoming clear that the right music inspires us, relieves our tensions and strengthens our brains. To be fed by beautiful music is a necessity. ●

References

1. Lesiuk T. The effect of music listening on work performance. *Psychology of Music* 2005;33 (2):173-191.
2. Washington University in St Louis. How to increase concentration and retention. 2013. http://onlinelaw.wustl.edu/how-to-increase-concentration-and-retention-2/ (accessed August 2013).
3. Cummings P, Koepsell TD, Moffat JM, Rivara FP. Drowsiness, counter-measures to drowsiness, and the risk of a motor vehicle crash. *Injury Prevention* 2001;7:194-199.
4. Wiesenthal DL, Hennessy DA, Totten B. The influence of music on mild driver aggression. *Transportation Research Part F: Traffic Psychology and Behavior* 2003;6(2):125-34.
5. Brodsky W, Slor Z. Background music as a risk factor for distraction among young-novice drivers. *Accident Analysis & Prevention* 2013;59:382-393.



Enjoy reading *Natural Medicine* magazine on all your devices with MY SUBS



Take your health online!

For use on tablets, computers & cell phones.

PAY ONLY R20 per digital magazine

Annual subscriptions available

To subscribe, renew or give a gift subscription:

1. Visit www.naturalmedicine.co.za
2. Click on 'Subscribe' and scroll down to 'Subscribe Now'
 (you'll be directed to the MySubs page)
3. Register and follow instructions to subscribe!

NATURAL *remedies*





Vitamin D

HOW CAN WE GET ENOUGH?

Vitamin D is a vitamin and pro hormone which is synthesised by the body when our skin is exposed to ultraviolet light and plays a vital role in maintaining our everyday health and wellbeing. You can ensure adequate levels of this important vitamin, even without the sun.

Our knowledge of vitamin D is changing. In the 1970s this hormone was found to control absorption of calcium in the intestine and the deposition of calcium in the bone. But now we understand much more. Recent medical research tells us that receptors for the vitamin D hormone are found in more than 38 different tissues or organs in the body, not just bone and the gut, as was originally believed. These findings have snowballed, with numerous research studies discovering even more compelling evidence to suggest that lack of vitamin D is linked to many different diseases, including arthritis, some cancers, fibromyalgia, multiple sclerosis and rickets. Further studies have found moderate evidence of links with other diseases, for example asthma, the common cold, depression, Parkinson's disease and stroke.

Vitamin D deficiency has been brought into the health and media spotlight really quite suddenly over the last decade as relatively recent research has shown the extent of the impact deficiency has on major health issues.

SUNLIGHT AND VITAMIN D

Ultraviolet B rays from the sun convert a universally present form of cholesterol found in epidermis, which is the outermost layer of the skin, into an inactive form of vitamin D.

In evolutionary terms, as we migrated from our sunny equatorial homelands to more northerly locations, we evolved with lighter skin pigmentation to absorb the weakening UVB rays. But in the last hundred years or so humans have been retreating increasingly away from the sun and many simply don't achieve the level of UVB absorption they need to maintain even basic health.

For many people nowadays it's habitual to get up, walk to the car, spend the day in the office, eat lunch at a desk, then go home. Exposure to the sun is playing a decreasing role in our daily lives. Children are at risk for different reasons. Whereas kicking a ball round a field was still the pursuit of choice for many a youngster only 10 or 20 years ago, now children find entertainment from the latest games console,



ANDREW THOMAS
Twitter @AndyBetterYou
www.betteryou.com

He is the founder and MD of BetterYou, a natural health company in the UK. His accolades include the 'Micro-entrepreneur of the Year' award and 'Small Business Entrepreneur of the Year 2014' in Britain. His passion for innovative health supplements stems from personal experience and his knowledge of the health industry is vast. Andrew is regularly asked to contribute to expert panels and work with external agencies to promote awareness of specific health areas.

computer terminal or social media site – all behind closed doors, all hidden away from sunlight.

There are also genuine concerns – but not without a fair dose of scaremongering – with regard to sun exposure and skin cancers. This has resulted in the regular overuse of high factor sunscreens, particularly on children, producing yet another shield to the healthy, natural absorption of vitamin D.

AT-RISK GROUPS

From what has been reported in the last decade, it is safe to say that this lack of sun exposure is affecting the health of the population. At-risk groups which have been identified as being especially vulnerable to suffering from vitamin D deficiency, include people over 50, the housebound, vegetarians, those who regularly cover up in the sun and people with darker skin. But it is two very specific groups – pregnant and nursing women and children under five – who are causing growing concerns.

Importantly, new research now shows that pregnant women with low levels of vitamin D may have higher rates of pregnancy-related health conditions, including pre-eclampsia, gestational diabetes, birth by caesarean section and a lowering of the immune system. In addition, babies are born with 50 to 60% of the mother's vitamin D levels, putting them at even greater risk of future health problems if their mothers are already deficient. Unfortunately, many mothers are often not informed of these risks during pregnancy, occasionally with tragic consequences. Vitamin D deficiency has been discovered in a significant number of children who died of sudden infant death syndrome.

There is clearly the need for a more sensible approach to sun exposure and a greater understanding of the need to supplement. Some confusion remains as to how much an individual should supplement. The problem lies in trying to provide a single guideline for different people, often living in very different environments and leading subtly different lifestyles. But one thing's for sure – when it's clear an individual is not able to spend the required time exposed to sunlight, or during the six months of the year when the sun's UVB rays are simply not strong enough to stimulate vitamin D production in our bodies, we must look to daily supplementation.

SUPPLEMENTATION

There are different ways of supplementing our vitamin D levels. Some cereals are now fortified with low levels of vitamin D, but for

7 Reasons why transdermal delivery is superior to oral supplementation

1. More convenient
2. Active ingredients are not broken down by the liver
3. Slow and steady release of active ingredients into the bloodstream
4. Virtually immediate absorption
5. Does not matter if used before or after meals
6. Absorption does not depend on status of digestive health
7. Natural bio-available active forms of vitamins



Distribution queries:
Brenda Scott: 072 602 3518 or
info@scentedsecrets.co.za

NeoGenesis Health
- health products of distinction -

Available from health practitioners, independent health stores & pharmacies

www.neogenhealth.com

most people taking a supplement is likely to be the most readily available way of reaching optimum levels.

Vitamin D supplementation is not an exact science as it depends upon skin type and everyday natural sun exposure. As a rule of thumb, I personally recommend 1 000 iu per 25 kg of body weight as a maintaining dose. But of course those with deficiency will need a higher dose to begin with in order to raise blood levels to a level that can be maintained.

Tablet forms of vitamin D are generally the most accepted way of supplementing and there are numerous brands on the market, offering varying doses for different needs. This form of supplementation can work effectively, but stressful lives, coupled with an ageing population, mean our digestive efficiency is worsening. Our body is therefore less likely to absorb nutrients from this traditional form of oral supplementation.

With this in mind, there are some valuable alternatives such as the patch and sublingual sprays. The sublingual route delivers the vitamin under the tongue, via the mucous membrane, which is then transported directly into the bloodstream, rather than through the small intestine. Sublingual supplements can come in the form of drops, dissolving tablets or sprays, which mean the formulation is already broken down for easier absorption. This is ideal for vitamin D supplementation, which relies on the bloodstream to transport the vitamin direct to the liver and kidneys, where it can be absorbed. So the faster it can enter the bloodstream, the sooner the body can benefit from it, making sublingual sprays one of the best methods for fast absorption when the body really needs it. ●

What a difference a spray makes

DLux1000 Vitamin D Oral Spray works faster than tablets – guaranteed



- Scientifically proven to deliver this vital vitamin straight into the bloodstream.
- Fast, effective, convenient.
- No tablets, no water, no fuss!

Available from Dis-Chem

Dis-Chem PHARMACIES
Pharmacists who care

cam Product Awards 2012 WINNER
Platinum Award WINNER 2014

BetterYou™
just as nature intended



Tea for two, or tea for you?

Through the years I have found certain herbs to be remarkable in their ability to give effective, quick, and often astonishing, relief of many a common ailment. Making an infusion of the fresh, organically grown plant, and sipping it quietly and slowly often does more to ease the condition than a lot of serious medications, and I have proved this over and over again.



MARGARET ROBERTS
www.margaretroberts.co.za

She is a herbal pioneer in South Africa. For almost 40 years she has imported and trialled herb seeds and cuttings for South African gardeners and farmers. She lectures and consults on herbs, medicinal foods and environmentally safe natural insecticides at tertiary institutions countrywide and at her Herbal Centre at De Wildt. She was one of the first true organic farmers in South Africa, and has shared her knowledge through over 30 books and ongoing radio and television series. Margaret received a Laureate Award from Pretoria University in recognition of her outstanding contribution to this field.

Children respond particularly well to herbal teas, as do animals. Often one can include the teas in a favourite fruit juice, or, in the case of animals, offer a bowl of tea alongside their drinking water. People generally wrinkle their noses at the thought of a herbal tea, but if it is well made and sweetened, if liked, with a little honey, it is not only delicious but also so quick to bring relief that one can become quite fanatical about the wonders of herbal teas! I certainly am, and very rarely drink any other form of tea.

What is tea?

Western cultures tend to separate tea into those drinks made with the tea plant, and those we call herbal infusions.

THE TEA PLANT

The tea of leaves from this plant, *Camellia sinensis*, is the world's most popular beverage, and yet no one thinks of tea in its many forms as a herb, even though it has been used in Chinese medicine for 5 000 years. Tea from the dried leaves is the most popular variety among Western drinkers. Perhaps this



is because black tea blends are more suited to the addition of milk and sugar.

The Chinese plant is used to produce Keemun, Lapsang Souchong, Oolong and Yunnan teas. Most Chinese tea drinkers do not add milk or sugar. In India, the best-known teas are Darjeeling, Assam and Nilgiri. Ceylon tea is from Sri Lanka and is light with crisp citrus undertones. The most common blended black teas for Western drinkers include English Breakfast, Earl Grey and Irish Breakfast.

Masala chai is also popular, and is black tea that is brewed to be strong with a combination of spices and diluted with milk and sugar.

HERBAL INFUSIONS

Herbal infusions comprise fresh or dried herbs, spices, roots, seeds or flowers that are infused in hot water. Most herbal infusions are caffeine free.

How to make the perfect cup

For best results, use fresh, organically grown leaves or flowers. The easiest way to obtain these is from your own garden. Dried herbs (dried in the shade, never in a microwave or in the sun) can also be used, as long as they are not older than 10 to 12 months. After that, the leaves and flowers taste dry and dusty! The standard brews for herbal teas are as follows:

- **When using leaves and flowers**
 Take ¼ cup fresh leaves and/or flowers and pour over this a cup of boiling water. Allow it to draw for three to five minutes, then strain. Sip slowly.
- **When using bark and seeds**
 Use approximately one or two teaspoons of seed, e.g. aniseed, or one tablespoon of bark, e.g. cinnamon. Pour over this a cup of boiling water, allow to draw for five minutes, then strain.
- **Doses for children**
 ½ cup or even ¼ cup, and give a baby two teaspoonsful at a time. Lemon balm, chamomile and fennel are invaluable children's herbs.
- **Doses for animals**
 Add a cup of strained herbal tea to two cups of water in a bowl alongside their water or food bowls.

Important *health notes*

- Make sure you consult your doctor before starting a home treatment – these herbal teas are in no way meant to replace the doctor, or any medication you are taking.
- It is always safest to use one individual herb at a time, as mixing the herbs often dissipates their efficacy. However, although it is advisable to drink just one cup of a specific herbal tea a day, you can drink several cups of different herbal teas throughout the day.
- During an acute illness, such as flu or a cold, you can take a specific herb three to four times during the day to ease the condition. Under normal circumstances, a general rule is to take only one of a kind daily for 10 days, then give it a break of three or four days, then continue, repeating this pattern.
- Herbs are far more powerful than we realise and can accumulate within the body. So it is best to take a variety and also to take them in moderation.
- Very importantly, all herbs must be organically grown with no chemical fertilisers or sprays whatsoever, as the herb is immediately absorbed by the body and it needs to be 100% pure. Also, be sure that no irradiated spices or seeds are used, and never dry the herbs in a microwave. It is best to use fresh herbs, but if you have to dry them, do so by hanging them up, or by spreading them on newspaper in the shade and turning them daily. Store dried herbs in a screw-top glass bottle and don't keep them for longer than three months. After that they're not palatable.

Above all, enjoy this remarkable way of absorbing the health-giving properties of nature's little miracles. Herbs make all the difference to our health and state of mind; they lift our spirits and give us never-ending interest. Relish every sip of herbal tea!

THE BENEFITS OF LEMON AND HONEY

Lemon and honey can be added to most herbal teas. They are both hugely important in the building of health, and honey is the best natural sweetener.

Honey makes a wonderful unwinding, calming, soothing and relaxing addition to herbal tea. It contains a mass of mineral salts, amino acids, vitamins and natural, easily digested sugars. Honey is a sleep inducer and a natural dis-



infectant and painkiller. It is surprisingly often used as a country remedy spread onto open sores, scratches and grazes – many a horse has had a honey wound dressing that the vet has recommended. Mānuka honey is particularly good.

Honey has antibacterial and antiviral properties, and it helps to ease diarrhoea, asthma and sore throats. Old-fashioned sage tea with honey and lemon is still a popular sore-throat treatment today.

Lemon is a wonderful addition to herbal teas as it brightens hair and rejuvenates the scalp, tones and deep cleanses the skin, clearing blemishes and spots, and even helps us to grow strong nails and tough cuticles! It has also been used for centuries as a cold remedy, due to its vitamin C content. When added to hot water, it also soothes the stomach. A slice of lemon adds a fresh flavour to herbal tea.

Given the value of adding honey to your herbal tea, it is advisable to grow your own organic lemons. The Cape rough-skin lemon withstands a lot more cold than other lemon varieties, but if space is a problem, the Meyer lemon does exceptionally well in a huge pot in full sun.

GINGER

Ginger, *Zingiber officinale,* is one of the world's best medicines, and makes one of the most delicious herbal teas. Pour a cup of boiling water over ¼ cup of thinly sliced fresh ginger, mash it gently and add a teaspoon of honey. This infusion is such a warming, destressing, comforting and refreshing elixir that you will easily become addicted!

Ginger tea aids the circulation and thus soothes chilblains, and it has anti-inflammatory and antiseptic qualities. It settles nausea, stomachache, flatulence and gripey colic, knocks colds and flu on the head, warms, revitalises, soothes a fever and a throbbing headache, and eases aching muscles and that chilled-to-the-bone feeling, and will generally help make you feel good all over.

I am never without a root or two in my fridge, and have found that a cup of ginger tea with honey first thing in the morning warms and settles the stomach, especially if there is a taxing or anxiety-filled day ahead. And at the end of that frantic day I don't switch on the percolator, I switch on the kettle for ginger tea, which soothes all the troubles away.

Growing your own

Growing ginger is fun as well. Just tuck a piece or two with an 'eye' on it into well-dug,

well-composted soil in full sun and watch it grow. When the leaves and pretty, scented, edible flowers fade and die down your root will be ready to dig up carefully. Wash it well and leave it to stand for two weeks before using it. It will mature to its fabulous flavour during that time.

GREEN TEA

Green tea originated in China and is made by steaming and drying the leaves of the tea plant, *Camellia sinensis,* without fermentation. Although it has been used in Chinese medicine for five centuries it was only in the 1970s that scientists became aware that people who drank green tea had greater protection against strokes, cancer, high cholesterol, high blood pressure, heart attacks and infections (particularly respiratory and urinary).

Green tea's powerfully antioxidant phenols boost the immune system and ease chronic coughs, colds and sore throats, and repair cell damage that occurs in the beginning stages of heart disease, cataracts, macular degeneration and other degenerative conditions like cancer (where it inhibits the formation of tumours).

Green tea has anti-tumour properties as well as antibacterial, diuretic and astringent properties, and even rinsing and gargling with green tea will help to clear mouth infections and slow down decay of the teeth and other dental problems.

Cooled green tea makes a wonderful beauty aid, and a big pot added to the bath will soften the skin and ease tension.

I like my green tea like the old Chinese Emperor did over 5 000 years ago – dried straight

Green Tea Tonic

¼ cup green tea leaves
a sliver of lemon rind
1 Tbsp lemon juice
1 tsp honey

Pour a cup of boiling water over the green tea leaves or one teabag. Add lemon rind. Let it draw for six or seven minutes. Strain. Add lemon juice and honey and sip slowly. I am mad about this tea and highly recommend it.

CAUTION: Green tea also contains caffeine, so those with irregular heartbeat or stomach ulcers and pregnant women should not take more than two cups a day, as its high level of alkaloids can, to some extent, increase the heart rate.

GREEN TEA is so important as a tonic - we should have a cup daily if possible.



from the bush – not rolled or sweated or processed, just plain dried. This is my favourite way of making green tea.

WARNING

Never use any plant as a tea unless you are 100% sure of its identification. Many plants are poisonous; in some cases certain parts of a plant may be edible, while other parts may be poisonous. When in doubt, leave out.

The author and publishers take no responsibility for any poisoning, illness or discomfort that may result from information contained in this article or due to the incorrect identification of a plant. ●

Ginger Cold Cure

¼ cup thinly sliced fresh ginger root
2 tsp thinly pared lemon rind
½ Tbsp lemon juice
2 tsp honey
¼ tsp cayenne pepper

Pour a cup of boiling water over the ginger and crush it with a teaspoon. Add all the other ingredients and stir well. The cayenne pepper is a fabulous antiseptic for the throat. Sip slowly. Take three cups of this brew hot throughout the day until the cold eases – usually two days.



PHYTO-FORCE HERBAL TINCTURES

Phyto-Force

HERBAL TEAS

SOME MEDICINAL HERBS ARE BEST TAKEN IN TEA FORM.

Bladderwrack, Buchu, Chamomile, Dandelion, Fennel, Green Tea, Hawthorn, Horsetail, Kudzu, Liquorice, Mate, Milkthistle, Nettle, Peppermint, Phyto-Cleanse Detox Tea, Raspberry, Slippery Elm, Sutherlandia, Sweden Bitters and Valerian Root.

Grown and harvested from country of origin, free from pesticides, herbicides, colouring, flavouring and preservatives. *Phyto-Force Quality Medicinal Herbal Teas* packed in polypropylene ziplock bags for continued freshness.

For further information contact 031 766 0150 or email sales@phyto-force.co.za
Like us on Facebook at: ***www.facebook.com/phytoforceherbal***
Available from health shops, Dis-Chem and selected pharmacies or ***BUY ONLINE*** at:

www.phyto-force.co.za

NATURE'S CHOICE HOUSEHOLD CLEANING RANGE

Nature's Choice is a familiar health food brand found on our shelves, and is Africa's largest health food distributor. But now they have included a new and innovative eco-friendly cleaning range that will contribute towards your cleaner and hazardous-chemical-free lifestyle.

The team at Nature's Choice has strived to develop a biodegradable effective household cleaning range to reduce your impact on the environment and lower your environmental footprint. Every ingredient is environmentally friendly and was selected because of its biodegradability, BCI (Biorenewable Carbon Index) and safe green chemistry.

Nature's Choice cleaning range is free from EO (ethylene oxide) and PO (propylene oxide), nitrogen, sulphate, DEA and colourants. Nature's Choice has made it possible, by not including toxic chemicals or preservatives but still making use of active cleaning ingredients, for you not to have to compromise between traditional chemical use and a healthy clean home.

The fresh zing of citrus fragrances that scent Nature's Choice products will leave your home smelling fresher than ever.

Using Nature's Choice products in your home means that your family and pets will be less exposed to harmful environmental toxins. The new range is septic tank friendly, which means you can take it with you anywhere and know that you will be reducing the damage to your household waste system and the water table.

You may think that making small changes like these will not make much of a difference, but going green in your home creates a big impact on the environment around you and ensures that our planet is a healthier place to live for future generations.

Great New Household Cleaning Range

Nature's Choice Cleaning Range. Tailor-made for environmentally conscious people.

All Purpose Cleaner | Kitchen Cleaner | Floor & Tile Cleaner | Bath & Tile Cleaner | Dish Washing Liquid | Window Cleaner | Toilet Cleaner

- ✓ Free from colourants.
- ✓ No harmful chemicals.
- ✓ Not tested on animals.
- ✓ Septic tank compatible.
- ✓ Readily biodegradable.
- ✓ No volatile/toxic fumes.
- ✓ Environmentally friendly.



- ✓ Reduced Carbon Footprint.
- ✓ Incorporates plant derived surfactants from bio-renewable feedstock.
- ✓ Free of Chlorine, Solvents, Ammonia, Phosphates and Phosphonates.

If this exceptional product range is not yet available from your local Nature's Choice stockist, please feel free to speak to store management.

Choose To Feel Amazing

Nature's Choice™

A cleaning range you will be proud to bring home.

info@natureschoice.co.za • www.natureschoice.co.za

NASAL DOUCHING

Nasal irrigation with a salt solution is a safe, simple and inexpensive way of improving and maintaining mucosal health in the upper airway.

The saline jet through the nose mechanically removes large crusts, clots, dust, pollen or other irritants.

Hypertonic solutions are preferred as the osmotic effect leads to additional shrinking of mucous membranes, improved nasal airflow and better drainage from sinuses or middle ear.

Rinsing with buffered hypertonic saline stimulates the self-cleansing ability of the membranes, the so-called mucociliary clearance, and has even been shown to have antimicrobial and immune system-supporting effects.

It is recommended as a first-line treatment for:

- Colds, flu, sinusitis – to wash out thick secretions, improve breathing and open up sinuses
- Nosebleeds – to remove clots and crusts forming in the nose
- Dry nose (climate/air conditioning) – to remove scabs and re-establish healthy, moist membranes that protect against infection
- Allergy – to rinse out lingering mucus and remove inflammatory mediators. Douching improves symptom relief if practised before application of corticosteroid sprays
- After nasal surgery – to remove crusts, clots and scabs and thereby prevent infection
- Nasal soiling (workplace/environmental pollutants like sawdust, cement dust, pollen, etc.) – to wash out irritants.

Nasal rinsing has no negative side effects and no interaction with any other medication prescribed to you by your doctor or pharmacist.

www.kuraflo.co.za

Nasal douching

Improve the health of your nasal passages with Kuraflo® saline rinsing solution



A jet of Kuraflo's natural saline solution through the nose will remove crusts, clots, dust, pollen and other irritants. Its osmotic effect will help you breathe easier and keep your sinuses clear.

Use Kuraflo® as the first line of treatment for colds, flu, allergies, bronchial and chest problems. Most respiratory ailments will improve within three to four days of use. Kuraflo® can be used simultaneously with any prescribed medications.

100% Natural
No Preservatives

KuraFlo®

Available at Dis-Chem PHARMACIES
Pharmacists who care

NEW IN SOUTH AFRICA



IVYFILM

SIMPLY *MELTS* IN YOUR MOUTH

IVYFILM is an orodispersible thin film that dissolves on your tongue in seconds! **IVYFILM** contains ivy leaf extract for the relief of a productive cough.

Benefits of IVYFILM:

- Better absorption through the oral mucosa
- Rapid onset of action
- Accurate dosing every time
- Convenient & hygienic individual sachets
- Great fruity taste!

Contains NO:

Sugar, Preservatives, Alcohol, Caffeine, Tartrazine, Yeast or Aspartame



IVYFILM Kiddies: From 2 years

REFERENCE: Assessment report on *Hedera helix* L., folium EMA/HMPC/289432/2009 – 31 March 2011.

LAMAR INTERNATIONAL (PTY) LTD
Reg. No. 2012/195738/07
P.O. Box 4972, Tygervalley, 7536
Tel: +27 21 943 0600, Fax: +27 21 914 2239
Email: info@lamar.co.za

LAMAR

IVYFILM
KIDDIES AND ADULTS

Introducing NEW in South Africa **IVYFILM**, a herbal expectorant made from the dry extract of ivy leaves (*Hedera helix*). **IVYFILM** is used for the relief of a productive cough and comes in the form of a quick-dissolving orodispersible thin film that dissolves on your tongue in seconds!

IVYFILM thins and loosens mucus in the airways, making it easier to cough out the irritants and foreign particles that are in the airways. This will relieve coughing and make it possible for you to breathe easier.

Giving ivy leaf extract to your child has never been easier! **IVYFILM** is not only hygienic and conveniently sealed in individual sachets, but each film ensures accurate dosing every time. The **IVYFILM** is swallowed with saliva, so you don't need to give any water and your child can't gag or spit it out. It is convenient to use when travelling and handy to pop into lunch boxes.

IVYFILM has better absorption through the oral mucosa and thus has a rapid onset of action. It is non-sedating and stimulant-free and contains NO sugar, aspartame, alcohol, caffeine, preservatives, tartrazine or yeast.

IVYFILM is imported from Scotland and is available for both adults and kiddies from two years.

IVYFILM is available at all leading independent pharmacies and is brought to you from LAMAR INTERNATIONAL.

TRUBIOTIC PROTECT – THE PRECISION BIOTIC

Is your probiotic getting to where it needs to go? With **TRUBIOTIC PROTECT**, the name says it all!

TRUBIOTIC PROTECT is the precision biotic with targeted probiotic delivery, as it is enteric coated with patented and award-winning ProTarget® technology. This ProTarget® encapsulation protects the viable live cultures from the harsh environment of stomach acid and ensures precise delivery of 100 million probiotics to the entire intestine.

TRUBIOTIC PROTECT contains three well-researched strains with documented health benefits. The **TRUBIOTIC PROTECT** strains are specifically chosen to cover both the upper and lower intestine, thus providing broad protection.

TRUBIOTIC PROTECT also contains a prebiotic fibre (scFOS), which is a non-digestible fibre that increases the number of probiotics in the intestine.

TRUBIOTIC PROTECT is able to guarantee its label claim of live cultures for the full duration of 24 months' shelf-life. A large European study done on 34 commercially available probiotics showed that 74% of products do not meet their label claim with an average remaining shelf-life of 10 months.

TRUBIOTIC PROTECT is imported from Denmark and is available in 10s during antibiotic treatment, and 30s as a daily supplement for optimal gut health.

It is suitable for vegetarians and no refrigeration is required.

TRUBIOTIC PROTECT is available at all leading independent pharmacies and is brought to you by LAMAR INTERNATIONAL.

TARGETED PROBIOTIC DELIVERY



TRUBIOTIC
The Precision Biotic

THE NAME SAYS IT ALL

TRUBIOTIC PROTECT contains **3 well-documented & researched strains, specifically chosen** to cover both the upper and lower intestine, providing broad protection.

The enteric coating ProTarget® Technology protects the probiotics from gastric acids and ensures precise delivery of viable live cultures to the entire intestine.

TRUBIOTIC PROTECT capsules also contain a prebiotic fibre (scFOS) that increases the number of probiotics in the intestine.

- Guaranteed 24 month stability
- Packed in 10's and 30's



References: 1. Brandsborg E. In-vitro acid stability and disintegration tests of ProTarget® coated probiotic capsules and other probiotic capsules, simulating the gastric survival and intestinal release of viable probiotics. Bifodan A/S 2012. 2. Paineau D, Payen F, Panserieu S, Coulombier G, Sobaszek A. The effects of regular consumption of short-chain fructo-oligosaccharides on digestive comfort of subjects with minor functional bowel disorders. *Br J Nutr* 2008; 99(2):311-8.

LAMAR INTERNATIONAL (PTY) LTD
Reg. No. 2012/195738/07
P.O. Box 4972, Tygervalley, 7536
Tel: +27 21 943 0600, Fax: +27 21 914 2239
Email: info@lamar.co.za

LAMAR

SOLAL IMMUFEND™ RANGE

Solal's new Immufend™ Cold & Flu winter range contains patented clinically-proven Wellmune® and other herbal extracts to help address the underlying causes of immune problems during winter, not treating the symptoms only. There are three Immufend™ product categories: (1) Immune defence; (2) Cold & flu relief; (3) Cough control.

1. A STRONG IMMUNE SYSTEM REDUCES RISK OF INFECTIONS

Immufend™ Immune Defence contains extracts that work in three ways to support immune function. Available in capsules for adults, and a sugar-free and alcohol-free syrup for children.

This product contains vitamins C and D to strengthen the immune system, as well as grape seed and a combination of B-vitamins for added protection. This product is suitable for children from the age of two, and is available in a delicious orange flavour.

2 COLDS AND FLU: RELIEVE THE SYMPTOMS AND BOOST IMMUNE FUNCTION

Immufend™ Cold & Flu helps relieve symptoms including fever and sore throat, whilst also boosting the immune system. Available in capsules for adults, and a sugar-free and alcohol-free syrup for children. This product contains Wellmune®, a patented natural beta-glucan extract which supports your immune system, as well as olive leaf extract, echinacea purpurea extract, and zinc.

3. COUGHING CAN HELP – BUT NOT TOO MUCH

Immufend™ Cough & Chest Syrup both loosens phlegm and reduces coughing frequency. This makes it useful for both wet (productive) coughs as well as dry (barking) coughs. Available in a sugar-free, alcohol-free syrup for both adults and children. It contains English Ivy *(Hedera helix)* extract, a traditional herbal expectorant that's known to help relieve coughs and break down phlegm. This product also contains Wellmune®, a patented natural beta-glucan extract which supports immune function. It is suitable for adults and children from the age of two.

FEATURES & BENEFITS OF SOLAL'S IMMUFEND™ RANGE

- Clinically proven effectiveness – contains patented Wellmune®.
- Unique benefits – concentrated extracts at higher therapeutic doses.
- Boosts immunity while relieving the symptoms – with Wellmune® to activate, strengthen and support the immune system.
- Sugar-free and alcohol-free – most other syrups usually contain sugar or alcohol, or both. Immufend™ contains neither.
- Designed to be used together if need be.

MIX AND MATCH IMMUFEND™ PRODUCTS

Immufend™ products can be used separately or combined together depending on the need. Immufend™ Immune Defence can be topped up for a few days with Immufend™ Cold & Flu if symptoms such as runny or blocked nose develop and/or with Immufend™ Cough & Chest for coughs and chest-congestion.

The Solal Immufend™ range is alcohol-free, sugar-free and without artificial sweeteners.

Available nationwide from Clicks, Dis-Chem and other leading pharmacies and health shops.

QualiSafe™ (unique to Solal) is a 10-step quality checking and auditing process, that ensures stability, composition and strength from raw material selection and testing, to final product quality and effectiveness.

Patented ingredients • **Concentrated** extracts
Quali**Safe**™ 10-step quality assurance process

Insist on SOLAL®
NO SUBSTITUTION

THIS WINTER

SOLAL® has your whole family covered



with patented clinically tested wellmune®

Alcohol-free | Sugar-free | No artificial sweeteners

It's what's inside that sets us apart

PRESCRIBED BY DOCTORS • RECOMMENDED BY PHARMACISTS ®

QualiSafe™ 10-Step Quality Assurance

10-Step Quality Assurance to ensure stability, composition and strength from raw material selection and testing, to final product quality and effectiveness.

Available from Clicks, Dis-Chem Pharmacies, Health Professionals, Health Stores, Juniva.com, Leading Pharmacies, SOLAL.co.za and Selected Retail Outlets.

086 11 SOLAL or 086 11 76525 | solal@solal.co.za | www.solal.co.za | www.facebook.com/solaltech | @SolalTech

Ascendis HEALTH

SOLAL®
HEALTHY AGING SPECIALISTS

MORINGA – THE NEW SUPERFOOD NOW AVAILABLE AS AWAKE TEA

Internationally acclaimed nutrition expert Patrick Holford is singing the praises of the latest new superfood *Moringa oleifera* – a leafy bush which is an incredibly rich source of nutrients, antioxidants, vitamins, protein, all eight essential amino acids and polyphenols. Containing anti-inflammatory, immune-boosting, anticancer, antimicrobial properties, the Moringa plant is being hailed as a superfood worldwide.

'Given all the hype, I thought I'd give it a go and added a teaspoon of the green leaf powder, which tastes a bit like wheatgrass juice, to my morning 'Get up & Go' smoothie, followed half-an-hour later by a cup of Moringa tea. To my surprise, I noticed a definite energy boost within minutes. Given that Moringa tea contains no caffeine and so many healthy properties, this is the perfect cup of tea,' said Patrick.

Patrick now drinks Moringa tea when needing a 'pick-me-up' and adds the powder daily to his breakfast smoothies. He has formulated a Moringa-based tea (now available in South Africa) called Awake Tea. Launched in ginger and lemon flavour, Awake Tea is a delicious blend that boosts energy levels, calms the mind and provides the body with an abundance of health benefits. Energy without anxiety – what more could you ask for?

Patrick Holford's Awake Tea can be purchased at Dis-Chem, leading health stores and pharmacies. For further information visit www.holforddirect.co.za.

patrick® HOLFORD
Optimum Living Made Easy

THE POWER OF MORINGA

Patrick Holford launches Awake Tea containing "superfood" Moringa
Energy without anxiety – what more could you ask for?



Benefits of Moringa
- Increased energy
- Calm mind
- Anti-cancer properties
- Anti-inflammatory properties
- Anti-fungal properties
- Contains amino acids, antioxidants, polyphenols and protein

find out more www.holforddirect.co.za

Available from **Dis-Chem**, **leading pharmacies** and **health stores**



NATURAL *therapies*



Hellerwork

– probing how deep-seated emotions and entrenched attitudes influence body alignment and posture

Polish-born Joseph Heller qualified as an aerospace engineer in the USA. His work at the Jet Propulsion Laboratory in Pasadena, California, taught him the intricacies of structural stress – a subject that he would later transform into techniques suitable for the human body.



MARIËLLE RENSSEN is a freelance writer and editor. Her main interest is in natural health and complementary therapies, as stimulated by her own personal experience. She is the author of several books, ranging in subject from marathon running and meditation to labyrinths and mazes.

An involvement in humanistic psychology prompted Heller to leave engineering to pursue studies and training in human development, which included work in energy healing. He also studied with Ida Rolf and in the early 1970s became a Rolfer; Heller was in fact the first president of the Rolf Institute in Colorado in 1975. However, through his own personal experience, he found clients returning for further connective tissue manipulation; the initial effects weren't as long lasting as he would have liked.

Influenced by his psychology training and his belief in the way attitudes and beliefs affect our well-being, Heller decided that the Rolfing programme needed to include more emotional psychology. So he left the Rolf Institute in 1978, developed his own bodywork technique called Hellerwork, and founded his institute in San Francisco, California. He has since retired from active training, but is still involved in the institute.

HOW HELLERWORK PRACTICALLY MAKES A DIFFERENCE

Hellerwork bases its deep tissue manipulation sessions firmly on the Rolfing techniques and movement relearning process, and the physical bodywork carried out is identical. Its main point of difference is its focused yet sensitive discussion on how our attitudes, emotions and deep-seated issues influence our health.

Hellerworkers, through their training in body-centred psychology (which Rolfers also undergo), carefully analyse your stance, posture and walking gait, but in addition to observing any





signs of mechanical misalignment, they particularly focus on how you emotionally express yourself through your movements.

For example, any physical resistance or rigidity in a certain area, such as the way you hold your head, could raise a specific psychological issue that the Hellerworker will gently probe. Questions that may be asked include: What do you fear? What is holding you back? What or how are you feeling at this precise moment? A subtle, modifying movement in the tilt of the head (for example, raising it and opening up the chest) can bring about a minor psychological release. By gently improving a person's self-expression, it opens up that person to better, freer communication with others.

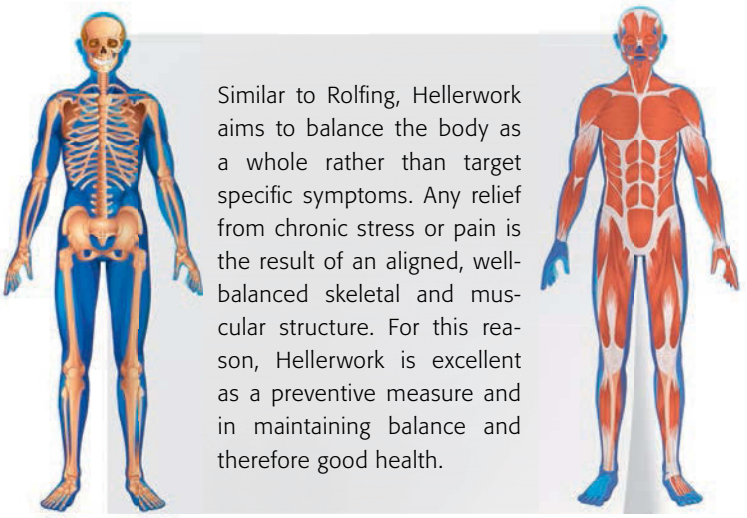
Once the Hellerworker has brought your attention to such behaviour tendencies, your awareness is heightened and you learn to recognise habitual patterns. In teaching you new ways to move, the practitioner helps you programme new messages into your brain, retraining it to modify your behaviour or self-expression.

Hellerwork's movement education component is also more practical than Rolfing, involving specific instructions combined with physical practice – these include movement suggestions, exercises and visualisations to take away with you to work on. The focus is on the day-to-day practicalities of life: how to sit, stand, walk or drive a car correctly, beginning with the way your foot is placed on the floor, how the ankle joint supports you, alignment of your knees, and how you use your arms and shoulders.

WHAT CAN YOU EXPECT?

Similarly with Rolfing, the full treatment consists of 10 sessions, each lasting one and a half hours, and spaced one, two or even three weeks apart, depending on the individual. The US Hellerwork Institute works on 11 sessions.

The practitioner will first run through a questionnaire with you, rating issues like assertiveness, self-esteem,



Similar to Rolfing, Hellerwork aims to balance the body as a whole rather than target specific symptoms. Any relief from chronic stress or pain is the result of an aligned, well-balanced skeletal and muscular structure. For this reason, Hellerwork is excellent as a preventive measure and in maintaining balance and therefore good health.

sexual energy and confidence, fears and insecurities; then on body diagrams you circle what you believe to be your problem areas. Next, you're asked to walk up and down the room, in your underwear, while the practitioner observes the way you move in the context of how emotional issues might have translated into a specific posture or walking gait. The practitioner gently coaxes clients into opening up, being sensitive to their level of receptiveness and earning their trust. Each movement is then probed in relation to how it feels, encouraging the client to experience and recognise sensations, determining whether these stimulate specific feelings or emotions. This experiential process teaches the client to understand the connection between behaviour and sometimes deeply buried emotion, such as anger, aggression and hurt.

With male clients who find the emotional probing uncomfortable, a brisk, practical and factual approach of is best, using structural and muscular illustrations from textbooks to explain the approach of connective tissue manipulation on the different areas of the body.

The first half-hour of every session looks at walking and posture, followed by an hour's deep fascia work. Hellerwork can at times be 'painful and confronting' while pummeling and kneading static layers of connective tissue that have become 'glued' together through lack of blood flow. The therapist may also encounter crystals or tension knots in the muscles, which she works to free, smoothing out and stretching the fascia. If emotional issues arise during the course of the manipulation, a guided meditation may be incorporated which focuses on the specific area being worked, exploring memory flashes or feelings that come up. In this way, one can go deeper and deeper into long-term stresses locked into the body's tissues.

'The body stores the trauma of our lives in muscular rigidity, thereby keeping us stuck in the past. When we release the tension in the body and align ourselves with gravity, we take a new stand in life.'
~ Joseph Heller

TRAINING QUALIFICATIONS

Hellerwork practitioners must be certified by Hellerwork International, which has associations in North America, Europe and Australia/New Zealand. Hellerworkers must qualify in connective tissue structural bodywork, movement education, the relationship of emotions to specific body areas, body-centred psychology, and anatomy and physiology.

Indications for Hellerwork

- Chronic aches and pains – headaches, neck and back
- Postural problems
- Sport injuries – tennis elbow and golf swing
- Surfer conditions – raised neck, locked upper back from paddling
- Frozen shoulder
- Hip and knee replacements

Contra-indications for Hellerwork

- May aggravate inflammatory nerve, muscle or joint conditions, such as arthritis.
- In organic diseases such as cancer, which cause changes in one or more body organs, deep tissue manipulation could speed the disease's progress. ●

For more information visit www.hellerwork.com or www. josephheller.com

MIND, BODY & soul





Secret Wisdom of the *inner voice*

Genius, creativity, and a silent power emerge from your heart and mind the moment you listen to your inner voice.



DR JOHN DEMARTINI
BSC, DC.
www.drdemartini.com
info@DrDemartini.co.za

He is a leading inspirational speaker, authority on human behaviour, teacher and author. His knowledge and experience are a culmination of 35 years of research and study of more than 28 000 texts in over 200 disciplines ranging from psychology, philosophy, metaphysics and theology to neurology and physiology.

Dr John Demartini interviewed by the editor, Daleen Totten.

Daleen: During a recent conference, I heard you speaking of the Inner voice as 'your most inspired and ingenious self' and how it will guide one to a life of greatness. What is the secret to tuning in?

Demartini: The secret of tuning in to its magnificent messages is having a heart filled with gratitude. When your heart is opened wide with gratitude your inner voice becomes loud and clear, and your most life-expanding messages enter into your mind with ease. If your heart is filled with gratitude, it is almost impossible to stop your inner voice from speaking clearly and profoundly. Many great spiritual revelations and mental attributes are suddenly birthed from within you when your voice on the inside becomes louder than the many voices or opinions on the outside.

The immortal masters of life have been those who have mastered the ability to attune to their great inner voices. Those great beings that mastered this talent left their marks in history. From Christ, who listened to his heavenly Father, to Dante, who listened to Beatrice, to Walt Whitman and many others who listened to their guiding whisper, all have impacted humanity with the resultant immortal expressions of their inner voice.

As your voice on the inside grows in clarity and strength so will your inspiration when you listen. Begin to attune to that inspiring station from within. Listen as it guides you to new levels of creativity and operation.

Your inner voice will put few or no limits on your life. Only the many outer voices of others who allow themselves to live a life of mediocrity will do so. Decide now to expand your wisdom and fulfillment through such careful listening.

You cannot attune to this inspiring voice without living a more inspiring life.

Daleen: Can you make it practical for us please?

Demartini: Follow the steps below. It will help you create a greater contribution to others and possibly even a legacy.

1. Stand relaxed with your hands loosely at your side. Take a few deep breaths. Inhale and exhale through the nose slowly.
2. Tilt your head up 30 degrees.
3. Turn your eyes up another 30 degrees, until you are looking forward and upward.
4. Close your eyelids and let them become relaxed.
5. Think about something or someone you are truly and deeply grateful for.
6. Keep thinking and thanking until you feel your heart has truly opened up and you have even experienced a tear of inspiration.
7. Upon attaining a grateful state, now ask your inner voice for any guiding message. Ask, 'Inner voice do you have a message for me at this moment?'
8. When you are grateful enough and you ask for a message, a message will clearly come.
9. Write this message down.
10. If your message does not become immediately and clearly revealed, repeat steps six to ten until it does.

When you are truly grateful you will receive amazing and inspiring inner messages. These messages will be more powerful than might at first be apparent.

Daleen: It all comes back to gratitude and taking action.

Demartini: When you are grateful and your heart becomes opened, you will have revealed before your mind, the inner message you would love to fulfill. These priceless gems of guiding revelation will assist you in living a life of greatness.

And yes, be sure to act on your inspirations as soon as possible. When you don't follow the inspirations and intuitions of your inner voice promptly, you can begin to emotionally beat your self up. This is not terrible though for it is simply part of the grand and magnificent design of conscious evolution. It is a blessing for it assures that no matter what happens, you will eventually learn and gradually or immediately unfold your inner spiritual mission, talent, and destiny. Life events will at times force you to listen to that wise voice within. The inspired beings throughout history learned to follow it. Those who have ignored it have passed by many opportunities it could have provided.

For decades many psychologists have considered individuals who have heard their inner voices as bordering on the edge of sanity. But, if you look carefully at the many great spiritual leaders, scientists, artists, musicians and social leaders, they regularly listened to their inner voices. They gratefully awakened this special inner communion regularly. The great philosophers have stated that they would rather have the whole world against them than their own inner soul. Today, you have an opportunity for

expanding your greatness. When your wise and masterful voice on the inside becomes greater than the many little voices on the outside a life of great fulfilment, wisdom and genius can become yours.

Daleen: I love your new video/song, by the way.

Demartini: I am inspired to be able to finally announce that I have recently participated in the production of a brand new song revolving around a few of the meaningful principles I am blessed to teach around the world – titled 'John's song.' It has now been launched since the beginning of July. 'John's Song' with its accompanying video is about discovering your most inspired mission, feeling gratitude and love for your life and not letting any of your life's many challenges hold you back from your innermost dreams. It is about having gratitude for yourself just the way you are, and it is about how the world within you impacts the world around you. It is also about being able to look in the mirror every morning and say 'WOW' and acknowledging your own true and unique magnificence. One of my main messages shared within the song is that you have the perfect body for your mission and everything you experience, whether you perceive it to be supportive or challenging, is actually assisting you in achieving your greatest and most inspired mission. ●

Editors note: Google Demartini-John's-song on YouTube

DEMARTINI

Presented by Dr John Demartini: Human Behavioural Specialist, Educator, Author and Business Consultant

BREAKTHROUGH EXPERIENCE

Powerful Solutions! It's All About The Results!

The most powerful life-solutions seminar on the planet! Created by Dr John Demartini, the Breakthrough Experience is the culmination of 43 years of interdisciplinary study where you will be introduced to two powerful processes, the **Demartini Method** and the **Demartini Value Determination Process** and their practical applications to solve issues, balance emotions and expand your life fulfilment and potential. The Breakthrough Experience will provide you with powerful solutions to help you resolve fear, depression, resentment, anger, intimidation, low self-esteem, guilt, grief or anxiety. You will learn how to dissolve challenges, build relationships, clarify your purpose, achieve your goals and so much more in just two days. If you would love to take your personal or professional success to a whole new level, if you would love to know how to transform whatever you perceive as 'in the way', to being 'on the way' then make the wisest life decision today by signing onto the Breakthrough Experience. This program will get you past your self-imposed limitations so you can develop your true potential, empower all areas of your life and achieve even more than you may once have thought possible.



"After the Breakthrough Experience I realized I had a bigger vision"

Saturday & Sunday, 15 - 16 August 2015
Venue: Sandton Convention Centre, Jhb. **Price:** R10,450 New Attendee*
Booking: For more information, Early Booking Specials or to register contact the Demartini Institute on +27 11 011 9093 or email Info@DrDemartini.co.za



***Get your FREE Gift Pack Valued at R7,300!**
Sign up for the Breakthrough Experience 15 - 16 August 2015 at R10,450 per Attendee and receive a **FREE** Downloadable Gift Pack valued at R7,300 consistsing of 14 audio presentations by Dr Demartini with topics ranging from Business, Finance to Leadership

www.DrDemartini.com

Ever *read* something that made you healthy?



Be health curious

www.naturalmedicine.co.za

www.biogen.co.za @BiogenSA BiogenSA

BIOGEN
FOR THE RESULTS YOU WANT

YOUR COMPLETE ESSENTIAL FATTY ACIDS SOLUTION.

OMEGA 3
&
OMEGA 3 & 6



ALSO AVAILABLE

- 1000 mg Organic Flax seed oil
- Very high in Omega-3 Fatty acids
- Alpha-Linolenic Acid





Biogen products available at these stores:

Dis-Chem PHARMACIES
Pharmacists who care

the local choice
here for you.

Proud partner of

NO EXCUSES
www.noexcuses.co.za